|  | **WEEK 1**- 16/8/21; 30/8/21; 13/9/21; 27/9/21; 11/10/21; 25/10/21; 8/11/21; 22/11/21; 6/12;21; 20/12/21; 10/1/22; 3/1/22; 17/1/22; 31/1/22; 14/2/22; 28/2/22; 14/3/22; 28/3/22; 11/4/22; 25/4/22; 9/5/22; 23/5/22; 6/6/22; 20/6/22 | **WEEK 2**- 23/8/21; 6/9/21; 20/9/21; 4/10/21/ 18/10/21; 1/11/21; 15/11/21; 29/11/21; 13/12/21; 27/12/21; 10/1/22; 24/1/22; 7/2/22; 21/2/22; 7/3/22; 21/3/22; 4/4/22; 18/4/22; 2/5/22; 16/5/22; 30/5/22; 13/6/22; 27/6/22 |  |
| --- | --- | --- | --- |
| Starter  Option 1  Option 2  Veg  Sweet | **MONDAY**  Lentil soup + potato & leek  Macaroni cheese + garlic bread Pizza  Peas and potato wedges  Self-service fruit bar | M**ONDAY**  Lentil soup + Cream of broccoli  Katsu chicken Curry, rice & nan  Vegetable lasagne + garlic bread  Potato wedges & sweetcorn  Self-service fruit bar | **DAILY**  Sandwiches/rolls/wraps/  paninis/pizzinis/toasties  Baked potatoes  Pasta pots  Salad bar |
| Starter  Option 1  Option 2  Veg  Sweet | **TUESDAY**  Lentil soup + Curried butternut squash & sweet potato  Beef Mince  Quorn bolognese  Mixed veg & mashed potato  Self-service fruit bar | **TUESDAY**  Lentil soup + Vegetable  Roast beef & Yorkshire pudding  Stir fry noodles  Mashed potato & carrots  Self-service fruit bar | **DAILY**  Sandwiches/rolls/wraps/  Subs/paninis/pizzinis/toasties  Baked potatoes  Pasta pots  Salad bar |
| Starter  Option 1  Option 2  Veg  Sweet | **WEDNESDAY**  Lentil soup + Tomato & red pepper  Chicken curry, rice & nan  Veggie pasta  Peas & sweetcorn  Self-service fruit bar | **WEDNESDAY**  Lentil soup + Chicken & rice  Fish cakes  Macaroni cheese + garlic bread  Potato wedges, peas, coleslaw  Self-service fruit bar | **DAILY**  Sandwiches/rolls/wraps/  Subs/paninis/pizzinis/toasties  Baked potatoes  Pasta pots  Salad bar |
| Starter  Option 1  Option 2  Veg  Sweet | **THURSDAY**  Lentil soup + Spicy carrot & sweet potato  Steak pie  Spicy veg noodles  Oven roast potatoes & green beans  Self-service fruit bar | **THURSDAY**  Lentil soup + Cream of mushroom  Sausage & veg casserole  Tomato & mascarpone pasta  Mashed potato & broccoli  Self-service fruit bar | **DAILY**  Sandwiches/rolls/wraps/  Subs/paninis/pizzinis/toasties  Baked potatoes  Pasta pots  Salad bar |
| Starter  Option 1  Option 2  Veg  Sweet | **FRIDAY**  Lentil soup  Breaded fish  Chicken goujon/Quorn wraps  Chips, beans, coleslaw  Self-service fruit bar | **FRIDAY**  Lentil soup  Breaded fish  Chicken/Quorn burger  Chips, beans, coleslaw  Self-service fruit bar | **DAILY**  Sandwiches/rolls/wraps/  Subs/paninis/pizzinis/toasties  Baked potatoes  Pasta pots  Salad bar |

**Specials**

| Chicken Biryani | Cajun Chicken Pasta | Beef Chilli | Fajita Chicken Pasta |
| --- | --- | --- | --- |
| Chicken Fricassee | Haggis, Neeps & Tatties | Beef Harissa | Katsu Curry |
| Salmon with broccoli |  |  |  |

**Sandwich fillings**

| Cheese Salad | BBQ Chicken Mayo | Cajun Chicken Mayo | Chicken & Black Pepper Mayo |
| --- | --- | --- | --- |
| Chicken Mayo | Chicken Tikka | Coronation Chicken | Garlic Chicken Mayo |
| Mango Chicken | Sweet Chilli Chicken | Egg Mayo | Tuna Mayo |
| Turkey |  |  |  |

**Pots to Go**

| Chicken Chow Mein | Kashmiri Curry | Macaroni Cheese | Tomato & Basil Pasta |
| --- | --- | --- | --- |
| Tomato & Mascarpone pasta |  |  |  |

**Salad Bar**

| Beetroot | Cheese & Mixed Peppers | Cheese Pasta Salad | Cheese Savoury |
| --- | --- | --- | --- |
| Chicken Mayo Pasta | Chinese Noodles | Coleslaw | Coronation Chicken |
| Curried Rice | Curried Rice (2) | Egg Mayo | Mixed Salad |
| Moroccan Spiced Veg Couscous | Pasta & Roasted Veg | Potato Salad | Spiced Onions |
| Sweet Chilli Noodles | Sweet Chilli Chicken Pasta | Tuna Pasta | Vegetable Couscous |

**Fruit Bar**

| Product code | Product |
| --- | --- |
| 88599 | Peach halves |
| 88600 | Pear halves |
| 88724 | Mandarins |
| 85835 | Pineapple chunks |
| 1098 | Apples |
| 15025 | Grapes |
| 4046 | Bananas |
| 23036 | Water Melon |
| 23038 | Honeydew melon |
| 26038 | Oranges |

**Bread Products**

| Product code | Product |
| --- | --- |
| 1316 | 50/50 medium sliced bread |
| Fergusons 0026 | 50/50 roll |
| 34589 | Malted wheat sandwich baguette |
| 127636 | Pannini |
| 4719 | Tomato tortilla |
| 123349 | Beetroot tortilla  **ONLY FOR FUNCTIONS** |
| 123350 | Tumeric spiced tortilla |

**Breakfast Products**

| Product code | Product |
| --- | --- |
| 28419 or 28420 | Yoghurt (muller lite) |
|  | Whole fruit |
|  | Fruit bar |
| 1316 | Toast (50/50) |
| 19510 | Spread |
| 88498 | Brakes Wheat Biscuits |
| 119069 | Go Free Cornflakes |
| 121202 | Nestle Shreddies |
|  | Tea |
|  | Coffee |
|  | Milk |

**Break Time Products**

| Product Code | Product |
| --- | --- |
|  | Chicken sausage link roll |
| 32302 | Omelette roll |
|  | Chicken burgers |
|  | Toasties |
|  | Cheese Pizzinis |
|  | Quorn burgers |
| See separate | Home baking |
| See separate | Sandwiches |
|  | Whole/Fruit pots |
| 28419 or 28420 | Yoghurt (muller light) |
|  | All the drinks |
|  | Popcorn |
|  | Lentil Waves |

**Vending Products**

| Product code | Product | Grams/ml |
| --- | --- | --- |
| 24566 | Radnor water cap | 500ml |
| 129282 | Radnor water can | 330ml |
| 122530 | Volvic summer fruits | 500ml |
| 132477 | Radnor splash orang/passion fruit | 500ml |
| 102849 | Oasis summer fruit | 500ml |
| 134139 | Rubicon pineapple/passionfruit | 500ml |
| 117244 | Rubicon orange/mango | 500ml |
| 117243 | Rubicon strawberry/kiwi | 500ml |
| 117241 | Rubicon black cherry/raspberry | 500ml |
| 87653 | Ribena really light | 500ml |
|  | Lentil Waves |  |
|  | Popcorn |  |

**Home Baking**

| R00299 | Scones |
| --- | --- |
| R00300 | Shortbread |
| R00306 | Cresta |
| R00325 | Brunch |
| R00326 | Custard creams |
| R00327 | Truffles |
| R00330 | Chocolate creams |
| R00331 | Banana wholemeal muffin |
| R00342 | Oatie biscuit |
| R00343 | Brownie |

**Drinks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Code | Product | Size | Cost | Selling Price |
|  | **Water based** |  |  |  |
| 117242 | Rubicon Spring lemon flavoured sparkling spring water | 12x500ml | 7.95 (0.66 each) | £1 |
| 117244 | Rubicon Spring orange mango flavoured sparkling spring water | 12x500ml | 7.95 (0.66 each) | £1 |
| 117243 | Rubicon Spring strawberry kiwi flavour sparkling spring water | 12x500ml | 7.95 (0.66 each) | £1 |
| 117241 | Rubicon Black cherry/raspberry sparkling spring water | 12x500ml | 7.95 (0.66 each) | £1 |
| 122530 | Volvic TOF summer fruits natural flavoured water | 12x500ml | 4.64 (0.39 each) | £1 |
| 132477 | Radnor Splash orange/passionfruit flavoured water | 24x500ml | 4.64 (0.19 each) | £1 |
| 24566 | Radnor Hills still mineral water sports cap | 24x500ml | 2.80 (0.12 each) | £0.75 |
| 129282 | Radnor Hills still spring water (can) | 24x330ml | 6.93 (0.29 each) | £0.50 |
|  | **Branded** |  |  |  |
| 102849 | Oasis summer fruit zero | 12x500ml | 9.74 (0.81 each) | £1 |
| 87653 | Ribena really light blackcurrant | 12x500ml | 6.75 (0.56 each) | £1 |

# Secondary School Menu