

# This Weeks Menu

WEEK 1 LUNCH



RENDCOMB  
COLLEGE

NURSERY • JUNIOR • SENIOR

*Monday*

**MAIN MEAL**

Beef Balti  
& Garlic Naan

**MEAT FREE**

Broccoli and Goats  
Cheese Quiche

GFA

**SIDE**

Pilau Rice  
GF  
Mango Chutney

**SWEET TREAT**

Apple & Rhubarb  
Crumble

GFA

*Tuesday*

**MAIN MEAL**

Cherry Tomato  
& Bacon Pasta Bake  
GFA

**MEAT FREE**

Lentil Dahl & Sweet  
Potato Falafels

GF

**SIDE**

Green Beans  
Garlic Bread  
GFA

**SWEET TREAT**

Chocolate Crunch

GFA

*Wednesday*

**MAIN MEAL**

Roast Chicken  
& Stuffing

**MEAT FREE**

Mediterranean Veg  
Strudel

GFA

**SIDE**

Roast Potatoes  
GF  
Parsnips  
GF  
Carrots  
GF

**SWEET TREAT**

Granola Flapjack

GFA

*Thursday*

**MAIN MEAL**

Chilli Con Carne  
& Garlic Slice  
GFA

**MEAT FREE**

Quorn Thai Curry  
& Fragrant Rice

GF

**SIDE**

Rice  
GFA  
Sweetcorn & Peppers  
GF

**SWEET TREAT**

Lemon Drizzle

GFA

*Friday*

**MAIN MEAL**

Cod Goujons

GFA

**MEAT FREE**

Mac & Cheese  
Crispy Onion Gratin  
GFA

**SIDE**

Chips  
GFA  
Baked Beans  
Garden Peas  
GF

**SWEET TREAT**

Sticky Toffee Pudding  
& Custard

GFA

*Saturday*

**MAIN MEAL**

*Sunday*

Grilled Back  
Bacon

Pork Sausage

Field Mushroom

Hash Brown

Quorn Sausage

Baked Beans

Waffles

Smoothies  
Cut fruit  
Yoghurt  
pots  
GFA