

Balcarras School
Menu Week 1

Monday

Chilli Con Carne
with Rice & Nachos
(Nachos Contain Gluten)

Pasta with Tomato &
Basil Sauce
(Contains Gluten)

Cheddar, Red Pepper &
Chive Quiche with Spicy
Potatoes
(Contains Gluten, Egg & Milk)

Peas
Mixed Salad

Apple Crumble &
Custard
(Contains Gluten & Milk)

Tuesday

Chicken Fajitas
New Potatoes

Pasta with Herbs, Black
Olives & Feta Cheese
(Contains Gluten & Milk)

Vegetable & Spinach
Curry & Rice

Broccoli Florets
Mixed Salad

Chocolate Sponge &
Chocolate Sauce
(Contains Gluten, Egg & Milk)

Wednesday

Red Thai Chicken Curry
with Rice & Naan Bread
(Poppadum Contains Gluten)

Tomato Pasta Bake
(Contains Gluten)

Broccoli & Brie Tart
with Parsley Potatoes
(Contains Gluten & Milk)

Sweetcorn
Mixed Salad

Treacle Tart & Ice
Cream
(Contains Gluten & Milk)

Thursday

Roast Chicken with
Stuffing & Roast
Potatoes
(Stuffing Contains Gluten)

Pasta Carbonara
(Contains Gluten & Milk)

Quorn & Vegetable Pie
(Contains Gluten)

Baton Carrots
Cauliflower Cheese
(Contains Gluten & Milk)

Eves Pudding & Custard
(Contains Gluten, Egg & Milk)

Friday

Fillet of Fish & Chips
(Contains Gluten)

Spicy Vegetable Rice

Cajun Chicken

Garden & Mushy Peas
Baked Beans

Chocolate Crunch &
Custard
(Contains Gluten, Egg & Milk)

Balcarras School
Main Course £1.60 2 course £2.00

Monday

Pasta & Meatballs in
Tomato & Basil Sauce
& Garlic Bread
(Contains Gluten)

Vegetable Hot Pot
(Contains Gluten & Milk)

Cheese & Onion Flan
& Spicy Wedges
(Contains Gluten, Egg & Milk)

Peas
Mixed Salad

Apple & Cherry Crumble
& Custard
(Contains Gluten & Milk)

Tuesday

Creamy Chicken &
Vegetable Pie with
Mashed Potato
(Contains Gluten)

Pasta with Tomato &
Chilli Sauce
(Contains Gluten)

Vegetable Chow Mein
(Contains Gluten)

Broccoli
Carrots

Sticky Toffee Pudding
& Custard
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Tikka with Rice
& Poppadum
(Naan Bread Contains Gluten)

Salmon & Broccoli Pasta
(Contains Gluten & Fish)

Leek & Potato Bake
(Contains Milk)

Sweetcorn
Mixed Salad

Bakewell Tart
& Custard
(Contains Gluten, Egg & Milk)

Thursday

Roast Gammon with
Stuffing, Roast Potatoes
& Gravy
(Stuffing Contains Gluten)

Macaroni Cheese
(Contains Gluten & Milk)

5 Bean & Vegetable
Curry with Rice

Baton Carrots
Garden Peas

Apple Pie
& Custard
(Contains Gluten & Milk)

Friday

Fillet of Fish & Chips
(Contains Gluten)

Tomato Pasta Bake
(Contains Gluten & Milk)

Beef & Vegetable
Pasty
(Contains Gluten)

Garden & Mushy Peas
Baked Beans

Shortbread & Custard
(Contains Gluten, Egg & Milk)

Balcarras School
Menu Week 3

Monday

Hunters Chicken &
spicy Wedges
(Contains Milk)

Pasta with Pesto Sauce
(Contains Gluten)

Cheese Red Pepper &
Chive Quiche
(Contains Gluten, Egg & Milk)

Sweetcorn
Mixed Salad

Summer Fruit Crumble
& Custard
(Contains Gluten & Milk)

Tuesday

Cottage Pie

Pasta with Fresh Herbs,
Feta Cheese & Black
Olives
(Contains Gluten & Milk)

Roasted Vegetable Tart
(Contains Gluten & Milk)

Carrots & Broccoli
Mixed Salad

Chocolate & Pear
Sponge & Custard
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Madras with
Rice & Naan Bread
(Naan Bread Contains Gluten)

Tuna Pasta Bake
with Wholegrain Pasta
(Contains Gluten, Fish & Milk)

Quorn & Vegetable
Burritos with New
Potatoes
(Contains Gluten)

Peas
Mixed Salad

Strawberry Shorbread &
Ice Cream
(Contains Gluten, Egg & Milk)

Thursday

Roast Beef with
Yorkshire, Roast
Potatoes & Gravy
(Yorkshire Contains Gluten, Milk
& Egg)

Pasta Carbonara
(Contains Gluten & Milk)

Vegetable & Quorn Stir
Fry
(Contains Gluten)

Carrots
Savoy Cabbage

Pineapple Upside Down
& Custard
(Contains Gluten, Egg & Milk)

Friday

Oven Baked Fillet of
Fish & Chips
(Contains Gluten)

Cheese & Onion & Red
Pepper Quiche
(Contains Gluten, Egg & Milk)

BBQ Chicken

Baked Beans
Garden & Mushy Peas

Chocolate Brownie & Ice
Cream
(Contains Gluten, Egg & Milk)

Balcarras School
Menu Week 4

Monday

Sausages & Mashed Potatoes
(Mash Contains Milk)

Pasta with Sun Dried Tomatoes, Garlic & Fresh Herbs
(Contains Gluten)

Wraps with Salmon & Stir Fried Vegetables
(Contains Fish & Gluten)

Peas
Mixed salad

Rhubarb & Apple Crumble & Custard
(Contains Gluten & Milk)

Tuesday

Beef Lasagna & New Potatoes
(Contains Gluten & Milk)

Vegetable Paella

Cheese & Ham Quiche with New Potatoes
(Contains Gluten, Egg & Milk)

Broccoli Florets
Mixed salad

Jam Sponge & Custard
(Contains Gluten, Egg & Milk)

Wednesday

Sweet & Sour Chicken with Rice & Prawn Crackers
(Contains Gluten)

Roasted Vegetable & Tomato Pasta Bake
(Contains Gluten & Milk)

Vegetarian Shepherd's Pie

Sweetcorn
Mixed Salad

Chocolate Crunch & Chocolate Sauce
(Contains Gluten, Egg & Milk)

Thursday

Roast Loin of Pork with Stuffing, Roast Potatoes and Gravy
(Stuffing Contains Gluten)

Macaroni Cheese with Wholegrain Pasta
(Contains Gluten & Milk)

Vegetable Fajitas
(Contains Gluten)

Baton Carrots
Green Beans

Apple & Apricot Pie & Ice Cream
(Contains Gluten & Milk)

Friday

Oven Baked Fillet of Fish & Chips
(Contains Gluten)

Mediterranean Pizza
(Contains Gluten)

Chicken & Vegetable Pie
(Contains Gluten & Milk)

Garden & Mushy Peas
Baked Beans

Fruity Flapjack & Custard
(Contains Gluten & Milk)