

Barr Beacon School Bistro Menu

Week 1

Monday	Main Course	SAUSAGE (SD,GL,MU,CE) BACON (SD)
	Vegetarian Main	QUORN SAUSAGE (V,GF,E,CE,D) VEGETABLE PATTIE
	Served With	HASH BROWN (GF) TOMATOES,(CE) BAKED BEANS (GF,V) SCRAMBLED EGG (D,E) MUSHROOMS (CE)
	Dessert	CHOCOLATE CHIP VANILLA SPONGE (GL,E,D)
Tuesday Chinese	Main Course	CHINESE CHICKEN CURRY (CE,GL,MU)
	Vegetarian Main	STIR FRY VEGETABLES WITH BLACK BEAN SAUCE (CE,GF)
	Served With	RICE (GF) NOODLES (GL,E) PRAWN CRACKERS (CR,E,GL,F,N,S)
	Pasta (E,GL)	CREAMY HAM AND LEEK (D,GL,CE) CREAMY LEEK PASTA (V,D,CE,GL)
	Dessert	VANILLA SPONGE WITH PINK ICING (GL,E,D)
Wednesday Chips	Main Course	ZINGY CHICKEN BURGER IN A FLOURED BAP (H,E,GL,SS)
	Vegetarian Main	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (CE,E,MU,D)
	Dessert	CHOCOLATE FLAP JACK (GL,D)
Thursday Roast	Main Course	PORK LOIN (GF)
	Vegetarian Main	VEGAN LENTIL ROAST (H,GL,V)
	Served With	ROAST POTATOES,VEGETABLES (CE) SAGE AND ONION STUFFING (GL,M,CE) YORKSHIRE PUDDING (GL,E) GRAVY (GF,V)
	Pasta (E,GL)	FIRE CRACKER CHICKEN (H,GL) TOMATO AND BASIL (CE,V)
	Dessert	MARBLE CAKE (GL,E,D)
Friday Chips	Main Course	BATTERED COD FILLET (F,D,E,GL,MU)
	Vegetarian Main	VEGETABLE BURGER IN A FLOUR BAP (V,D,GL,SS,CE,E)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF) CURRY SAUCE (CE,GL,MU)
	Dessert	RASPBERRY JAM DONUTS (E,D,SS,V)

Week 1

Week 2

Week 3

Week 4

September 2020

wk	Mo	Tu	We	Th	Fr	Sa	Su
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2	7	8	9	10	11	12	13
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October 2020

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November 2020

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December 2020

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Barr Beacon School Bistro Menu

Week 2

Monday Mexican	Main Course	MEXICAN CHICKEN ENCHILLADA (CE, GL, SS, D)
	Vegetarian Main	VEGAN CHILLI BURRITO WITH COURGETTE BOATS (V, CE, D)
	Served With	MEXICAN RICE, LIGHTLY SPICED POTATOES AND SALAD (GF, CE, V)
	RICE BAR (GF)	CHILLI CON CARNE (GF, CE) VEGAN CHILLI (GF, CE, V) RICE (GF)
	Dessert	CHOCOLATE SHORTBREAD (GL, D)
Tuesday Indian	Main Course	CHICKEN TIKKA MASALA (H, GF, CE, N, D)
	Vegetarian Main	BOMBAY POTATO AND CHICK PEA CURRY (V, GF, CE, N)
	Served With	RICE (GF) NAAN BREAD (GL)
	Pasta (E, GL)	TUNA SWEETCORN (GL, CE, F, E) TOMATO AND BASIL (GL, V, CE)
	Dessert	CHERRY BAKEWELL CAKE (N, E, GL, D)
Wednesday Chips	Main Course	PEPPERONI AND HAM PIZZA (D, GL, SS, S, SD)
	Vegetarian Main	CHEESE AND TOMATO PIZZA (V, D, GL, SS, SD)
	Served With	FARMHOUSE FRIES (V) BEANS (V, GF)
	Dessert	FLAPJACK (GL, D)
Thursday Roast	Main Course	ROAST CHICKEN (GF)
	Vegetarian Main	TOMATO STUFFED PEPPER WITH ROASTED VEGETABLES (GL, E, CE)
	Served With	ROAST POTATOES, VEGETABLES (CE) SAGE AND ONION STUFFING (GL, M, CE) YORKSHIRE PUDDING (GL, E) GRAVY (V, GF)
	Pasta (E, GL) RICE (GF)	BBQ CHICKEN (H, CE, GL) SWEET CHILLI VEGETABLES (GL, CE)
	Dessert	LEMON MUFFINS (GL, E, D, CE)
Friday Chips	Main Course	BREADED CHICKEN GOUJONS (H, D, E, GL, MU)
	Vegetarian Main	VEGAN SAUSAGE ROLL (GL, V, SD)
	Served With	FARMHOUSE FRIES (V) BEANS (V, GF)
	Dessert	DOUBLE CHOCOLATE CHIP COOKIE (GL, E, D, SD)

Week 1

Week 2

Week 3

Week 4

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Barr Beacon School Bistro Menu

Week 3		
Monday ALL DAY BREAKFAST	Main Course	SAUSAGE (SD,GL,MU,CE) BACON (SD)
	Vegetarian Main	TWO QUORN SAUSAGES (V,GF,E,CE,D)
	Served With	HASH BROWN (GF) TOMATOES,(CE) BAKED BEANS (GF,V) SCRAMBLES EGG (D,E) MUSHROOMS (CE)
	Dessert	CHOCOLATE CHIP MUFFINS (GL,D,E)
Tuesday American	Main Course	BUFFALO CHICKEN WINGS (GF,D,CE,H) AND POTATO WEDGES ROASTED SWEETCORN AND PEPPERS
	Vegetarian Main	MACARONI CHEESE WITH ROASTED TOMATOES (V,D,E,GL)
	Served With	TOSSED SALAD AND GARLIC BREAD (GL,D,SS)
	Deli Wrap (GL,SS)	BBQ PULLED PORK (CE,SD,GL)
	Dessert	VANILLA SPONGE CHOCOLATE SANDWICH (GL,E,D)
Wednesday Chips	Main Course	PORK HOT DOG IN A FLOURED BAP (SD,GL,SS)
	Vegetarian Main	QUORN HOT DOG IN A FLOURED BAP (E,SS,GL)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (CE,E,MU,D)
	Dessert	CHOCOLATE FLAP JACK (GL,D)
Thursday Roast	Main Course	ROASTED TURKEY (GF)
	Vegetarian Main	VEGETABLE PIE (GL, CE, D)
	Served With	ROAST POTATOES,VEGETABLES (CE) SAGE AND ONION STUFFING (GL,M,CE) YORKSHIRE PUDDING (GL,E) GRAVY (GF,V)
	Deli Wrap (GL,SS)	CRISPY BREADED CHICKEN WITH LETTUCE AND MAYONNAISE (H,E,MU,D,SS,SD,CE,GL) SOUTHERN COATED QUORN WITH LETTUCE AND MAYONNAISE (GL,MU,D,SD,E,V,SS)
	Dessert	APPLE CRUMBLE SLICE (GL,D,CE)
Friday Chips	Main Course	PEPPERONI AND HAM PIZZA (D,GL,SS,S,SD)
	Vegetarian Main	CHEESE AND TOMATO PIZZA (V,D,GL,SS,SD)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF)
	Dessert	MILK CHOCOLATE CHIP COOKIE (GL,E,D,SD)

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Barr Beacon School Bistro Menu

Week 4

Monday	Main Course	PERI PERI CHICKEN (H,GF,CE)
	Vegetarian Main	VEGETABLE CATAPLANA (CE,GF,V)
	Served With	SPICY RICE (GF,CE,) / RICE (GF) PITTA BREAD (GL,SS,) SALAD (CE)
	Pasta (GL,C) RICE (GF)	BEEF BOLOGNAISE (GF,CE) SWEET CHILLI VEGETABLES (CE,GF,V)
	Dessert	COCONUT JAM SPONGE (E,GL,D,CE,N)
Tuesday Italian	Main Course	BEEF LASAGNE (CE,GL,E ,D)
	Vegetarian Main	OVEN ROASTED SPICED SQUASH AND CAULIFLOWER RISOTTO (CE,GF,V)
	Served With	TOSSED SALAD (CE) AND GARLIC BREAD (GL,D,SS)
	Pasta (E,C) RICE (GF)	ITALIAN CHICKEN (H,GF,CE) TOMATO AND BASIL (GF,CE)
	Dessert	SPRINKLE CAKE (GL,D,,E,)
Wednesday Chips	Main Course	BEEF BURGER IN A FLOUR BAP (GL,SS)
	Vegetarian Main	VEGAN SAUSAGE ROLL (V,SS,GL)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (CE,E,MU,D)
	Dessert	SUGAR RING DONUTS (E,D,SS,GL,V)
Thursday Roast	Main Course	HONEY GAMMON (GF)
	Vegetarian Main	VEGETABLES AND RICE STUFFED CABBAGE LEAF (CE,E,SD) ROASTED NEW POTATOES (CE)
	Served With	CREAMY MASH (CE,D) PEAS (CE) GRAVY (CE, GF)
	Pasta (GL)/Noodle Bar (GL,E) RICE (GF)	FIRE CRACKER CHICKEN (H,GF,CE) SWEET AND SOUR VEGETABLES (D,CE,V)
	Dessert	CHOCOLATE CHIP VANILLA SPONGE CAKE (GL,E,D)
Friday Chips	Main Course	BREADED CHICKEN GOUJONS (H,D,E,GL,MU)
	Vegetarian Main	SOUTHERN FRIED QUORN GOUJONS (V,D,E,CE,GL)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF)
	Dessert	CHOCOLATE CHIP COOKIE (GL,E,D,SD)

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P - PEANUTS
N - NUTS (TREE NUTS)
D - DAIRY PRODUCTS
S - SOYA
MU - MUSTARD
L - LUPIN
E - EGGS
F - FISH
GL - GLUTEN
CR - CRUSTACEANS (PRAWNS)
MO - MOLLUSCS (SCALLOPS, MUSSELS)
SS - SESAME SEED
CE - CELERY
SD - SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



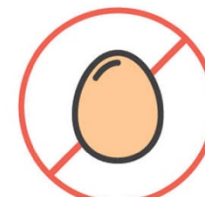
GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



V - VEGETARIAN



H - HALAL



GF - GLUTEN FREE