

Barr Beacon School Bistro Menu

AUTUMN 2021

Week 1

Monday	Main Course	£2	SAUSAGE (S,GL,SD) & BACON (SD)
	Vegetarian Main	£2	QUORN SAUSAGE (V,GF,E,CE,D)
	Served With		HASH BROWN (V,GF), TOMATOES (V,GF), BAKED BEANS (V,GF), SCRAMBLED EGG (E,D) & MUSHROOMS (V)
	PANINI	£1.60	SWEET CHILLI CHICKEN AND CHEESE (H,GL,SS,D)
	Dessert	50p	CHOCOLATE CAKE (GL,E,D) CUSTARD (GF,D)
Tuesday	Main Course	£2	CHICKEN TIKKA MASALA (H,GF,N,CE,D)
	Vegetarian Main	£2	BOMBAY POTATO AND CHICK PEA CURRY (V,GF,CE)
	Served With		RICE (GF) NAAN BREAD (GL,D)
	Pasta Cheese + 30p	£1.50	BBQ SAUSAGE (S,GL,SD,) TOMATO AND BASIL (GL)
	Dessert	50p	ICED FAIRY CAKES (GL,D,E)
Wednesday	Main Course	£2	PEPPERONI AND HAM PIZZA (GL,D,SS,S,SD)
	Vegetarian Main	£2	CHEESE AND TOMATO PIZZA (V,D,GL,SS,SD)
	Served With		FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (E,MU)
	Dessert	50p	DOUBLE CHOCOLATE CHIP COOKIE (GL,D,S,N)
	Thursday	Main Course	£2
Vegetarian Main		£2	STUFFED PEPPER (V,GF)
Served With			SEASONAL VEGETABLES , YORKSHIRE PUDDING (GL,E) SAGE AND ONION STUFFING (GL,D) GRAVY (V,GF)
Pasta Cheese + 30p		£1.50	ITALIAN CHICKEN (H,GL) TOMATO AND BASIL (V,GL)
Dessert		50p	APPLE CRUMBLE (GL,D) CUSTARD (GF,D) OR CREAM (D)
Friday	Main Course	£2	ZINGY CHICKEN BURGER (H,GL,SS) MAY CONTAIN BONES
	Vegetarian Main	£2	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	Served With		FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (E,MU) PEAS (V)
	Dessert	50p	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

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Week 2

Monday	Main Course	£2	CHINESE CHICKEN CURRY (GL,MU,CE)
	Vegetarian Main	£2	CRISPY VEGETABLES IN A BLACK BEAN SAUCE (V)
	Served With		RICE (GF) NOODLES (GL,E) PRAWN CRACKERS (CR,E,GL,F,N,S)
	Pasta Cheese + 30p	£1.50	FIRECRACKER CHICKEN (H,GL,) CREAMY LEEK (V,D,GL)
	Dessert	50p	CHOCOLATE CONCRETE (GL,D,E) CUSTARD (GL,D)
Tuesday	Main Course	£2	BEEF LASAGNE (GL,E,D)
	Vegetarian Main	£2	MACARONI CHEESE WITH ROASTED TOMATOES (V,D,GL)
	SERVED WITH		GARLIC BREAD (V,GL,D,S) & SALAD
	Pasta Cheese + 30p	£1.50	BBQ CHICKEN (H,GL) TOMATO AND PEPPERS (V,GF)
	Dessert	50p	SPRINKLE CAKE (GL,D,E)
Wednesday	Main Course	£2	BREADED CHICKEN GOUJONS (H,GF)
	Vegetarian Main	£2	VEGAN SAUSAGE ROLL (GL,S)
	Served With		FARMHOUSE FRIES (V) BEANS (V,GF)
	Dessert	50p	WHITE CHOCOLATE CHIP COOKIE (GL,D,S,N)
	Thursday	Main Course	£2
Vegetarian Main		£2	QUORN SAUSAGE (V,GF,E,CE,D)
Served With			CREAMY MASHED POTATO (V,D) PEAS (V) GRAVY (V,GF)
RICE		£1.50	SWEET CHILLI CHICKEN (H,) SWEET AND SOUR VEGETABLES (V,)
Dessert		50p	CHOCOLATE FLAP JACK (GL,D)
Friday	Main Course	£2	BATTERED COD FILLET (F,D,E,GL,MU) BEEF AND ONION PIE (GL,D)
	Vegetarian Main	£2	VEGETABLE BURGER IN A FLOURED BAP (V,D,GL,SS,CE,E)
	Served With		FARMHOUSE FRIES (V) BEANS (V,GF) PEAS (V) CURRY SAUCE (GL,MU,) GRAVY (V,GF)
	Dessert	50p	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

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.



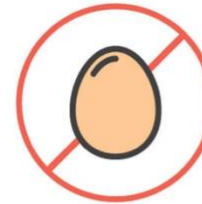
GL - GLUTEN

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