

## Barr Beacon School HALL Menu

Week 1

<b>Monday</b>	<b>Main Course</b>	<b>£1.50</b>	STEAK BAKE (GL,D)
	<b>Vegetarian Main</b>	<b>£1.50</b>	VEGAN PASTY (V,GL,S)
	<b>TOASTIES</b>	<b>£1.50</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD),
	<b>+ BEANS</b>	<b>£1.80</b>	HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>PANINI</b>	<b>£1.60</b>	BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) )
	<b>+ BEANS</b>	<b>£1.80</b>	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	<b>Dessert</b>	<b>50P</b>	CHOCOLATE BROWNIE (GL,E,D,S) MAY CONTAIN NUTS
<b>JACKET POTATOES WITH BEANS CHEESE OR TUNA AVAILABLE DAILY 85P, 1X FILLING £1.30 2X FILLINGS £1.60</b>			
<b>Tuesday</b>	<b>Main Course</b>	<b>£2</b>	STICKY SWEET CHILLI CHICKEN (H,GF)
	<b>Vegetarian Main</b>	<b>£2</b>	SWEET CHILLI CRISPY VEGETABLES (V,GF)
	<b>Served with</b>		RICE (GF) OVEN ROASTED VEGETABLES OR SALAD AND BOTTLE OF WATER
	<b>TOASTIES</b>	<b>£1.50</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD),
	<b>+BEANS</b>	<b>£1.80</b>	HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>PANINI</b>	<b>£1.60</b>	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	<b>+ BAKED BEANS</b>	<b>£1.80</b>	
	<b>Dessert</b>	<b>50P</b>	LEMON DRIZZLE SLICE (GL,E,S,SD)
<b>A SELECTION OF SANDWICHES AND COLD BAGUETTES AVAILABLE DAILY £1.15 -£1.50</b>			
<b>Wednesday</b>	<b>Main Course</b>	<b>£2</b>	CHICKEN TIKKA MASALA (H,GF,N,CE,D)
	<b>Vegetarian Main</b>	<b>£2</b>	BOMBAY POTATO AND CHICK PEA CURRY (V,GF,CE)
	<b>Served With</b>		RICE (GF) NAAN BREAD (GL,D) AND A BOTTLE OF WATER
	<b>PANINI</b>	<b>£1.60</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD),
	<b>+ BAKED BEANS</b>	<b>£1.80</b>	HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>Dessert</b>	<b>50P</b>	DOUBLE CHOCOLATE CHIP COOKIE (GL,D,S,N)
<b>A SELECTION OF COLD PASTA POTS AND SALAD POTS AVAILABLE DAILY £1.50</b>			
<b>Thursday</b>	<b>Main Course</b>	<b>£2</b>	CHICKEN AND BACON CHEESY PASTA BAKE (GL,SD,D)
	<b>Vegetarian Main</b>	<b>£2</b>	MACERONI CHEESE (V,D,GL)
	<b>SERVED WITH</b>		GARLIC BREAD (GL,D) SALAD AND BOTTLED WATER
	<b>TOASTIES</b>	<b>£1.50</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD),
	<b>+BEANS</b>	<b>£1.80</b>	HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>PANINI</b>	<b>£1.60</b>	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	<b>+ BAKED BEANS</b>	<b>£1.80</b>	
	<b>Dessert</b>	<b>50p</b>	ORANGE JELLY (V)
<b>FRESH FRUIT SALAD 65P YOGHURTS 50P</b>			
<b>Friday</b>	<b>Main Course</b>	<b>£2</b>	ZINGY CHICKEN BURGER (H,E,GL,SS) MAY CONTAIN BONES
	<b>Vegetarian Main</b>	<b>£2</b>	VEGAN SAUSAGE ROLL (GL,V,S)
	<b>Served With</b>		HASH BROWNS (V,GF) BEANS (V,GF) COLESLAW (E,MU) AND BOTTLED WATER
	<b>Dessert</b>	<b>50P</b>	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

## Barr Beacon School HALL Menu

### Week 2

<b>Monday</b>	<b>Main Course</b>	<b>£1.50</b>	JUMBO SAUSAGE ROLL (GL)
	<b>Vegetarian Main</b>	<b>£1.50</b>	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	<b>TOASTIES + BEANS</b>	<b>£1.50 £1.80</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>PANINI + BAKED BEANS</b>	<b>£1.60 £1.80</b>	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	<b>Dessert</b>	<b>50P</b>	CHOCOLATE BROWNIE (GL,E,D,S) MAY CONTAIN NUTS
<b>JACKET POTATOES WITH BEANS CHEESE OR TUNA AVAILABLE DAILY 85P ,1X FILLING £1.30 2X FILLINGS £1.60</b>			
<b>Tuesday</b>	<b>Main Course</b>	<b>£2</b>	MEXICAN CHICKEN ENCHILLADA (H,GL)
	<b>Vegetarian Main</b>	<b>£2</b>	SPICY VEGETABLE AND MIXED BEAN ENCHILLADA (V,GL)
	<b>Served with</b>		POTATO WEDGES (GF,V) AND ROASTED SWEETCORN AND PEPPERS AND BOTTLE OF WATER
	<b>TOASTIES + BEANS</b>	<b>£1.50 £1.80</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>PANINI + BAKED BEANS</b>	<b>£1.60 1.80</b>	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	<b>Dessert</b>		DOUBLE CHOCOLATE CHIP CUPCAKE (GL,E,D)
<b>A SELECTION OF SANDWICHES AND COLD BAGUETTES AVAILABLE DAILY £1.15-£1.50</b>			
<b>Wednesday</b>	<b>Main Course</b>	<b>£2</b>	CHINESE CHICKEN CURRY (GL,MU,CE)
	<b>Vegetarian Main</b>	<b>£2</b>	SWEET AND SOUR VEGETABLES (V,GF)
	<b>Served With</b>		RICE (GF) PRAWN CRACKERS (CR,E,GL,F,N,S) AND A BOTTLE OF WATER
	<b>Dessert</b>	<b>50P</b>	WHITE CHOCOLATE CHIP COOKIE (GL,D,S,N)
	<b>A SELECTION OF COLD PASTA POTS AND SALAD POTS AVAILABLE DAILY £1.50</b>		
<b>Thursday</b>	<b>Main Course</b>	<b>£2</b>	MEAT FEAST PASTA BAKE (GL,D) GARLIC BREAD (GL,D) SALAD
	<b>Vegetarian Main</b>	<b>£2</b>	PERI PERI ROASTED CAULIFLOWER TACOS (V,SD GL) CHEESE (D) SALAD
	<b>TOASTIES + BEANS</b>	<b>£1.50 £1.80</b>	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	<b>PANINI + BAKED BEANS</b>	<b>£1.60 1.80</b>	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	<b>Dessert</b>	<b>50P</b>	RASPBERRY JAM DOUGHNUTS (GL,V,D,E,SS)
<b>FRESH FRUIT SALAD 65P      YOGHURTS 50P</b>			
<b>Friday</b>	<b>Main Course</b>	<b>£2</b>	CRISPY BATTERED CHICKEN BURGER (H,GL,CE,SS)
	<b>Vegetarian Main</b>	<b>£2</b>	VEGETABLE BURGER IN A FLOUR BAP (V,GL,SS)
	<b>Served With</b>		HASH BROWNS (V,GF) BEANS (V,GF) COLESLAW (E,MU)
	<b>Dessert</b>	<b>50P</b>	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.



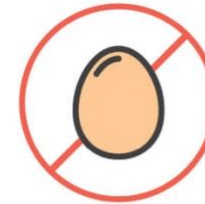
## GL - GLUTEN

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