


Lunch Menu-Autumn Term Carisbrooke College

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Sausage & Mash with Gravy & Seasonal Vegetables	Concept Day Look Out for Concept of the Week!	Roast Beef Yorkshire Oudding, Roast Potatoes & Seasonal Vegetables	Beef Lasagne with Garlic Bread	Fish & Chips with Beans & Peas
Vegetarian Option	Quorn Sausage & Mash with Vegetarian Gravy		Roasted Vegetable Plait, Seasonal Vegetables	Vegetable Burrito With Rustic Wedges	Creamy Quorn & Sweetcorn Pie With Vegetables
Pizza Market & Pasta Bar	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily
Grab & Go	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Beef Bolognaise with Spaghetti & Garlic Bread	Chicken Tikka Masala, Rice & Naan Bread 	Roast Chicken with Stuffing, Roast Potatoes & Seasonal Vegetables	Concept Day Look Out for Concept of the Week!	Fish & Chips with Beans & Peas
Vegetarian Option	Stuffed Jacket Skins With Vegetables	Sweet Chilli Vegetable Stir Fry	Cheese Pasta Wedges & Vegetables	 	Quorn Sausage & Chips
Pizza Market & Pasta Bar	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily
Grab & Go	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	BBQ Chicken with Rice	Cottage Pie with Gravy & Vegetables	Glazed Gammon, Roast Potatoes & Seasonal Vegetables	Meatballs in Tomato Sauce with Spaghetti	Fish & Chips with Beans & Sweetcorn
Vegetarian Option	Vegetable Jambalaya with Garlic Bread	Sweet Chilli Roasted Vegetables	Vegetable Omelette with Coleslaw	Cheese & Tomato Puff Tart	Vegetable Fajita
Pizza Market & Pasta Bar	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily	Pizza Market or Pasta Bar Available Daily
Grab & Go	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks	Selection of Hot & Cold Grab & Go Snacks

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