











Bentley Wood High School

WEEK ONE

Chilled Foods
Available Daily
From The
Graze Range









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S SPECIAL	Chicken & Sweetcorn Meatballs with Pasta and Garlic Bread	(Lamb) Chilli Con Carne with Steamed Rice	Roast Chicken Drum Stick with Roast Potatoes and Gravy	 Roast Vegetable Calzone with Garlic & Paprika Potato Wedges	 Battered Fish with Fries
VEG OUT	 Neapolitan Pasta	 Spicy Bean Quesadilla	 Butternut & Vegetable Plait	 Mac & Cheese with Garlic & Paprika Potato Wedges	 American Quorn Hot Dog with Fries
SIDES	Full House Salad and Broccoli	House Slaw and Sweetcorn	Honey Roast Parsnips and Steamed Greens	Tomato Salad and Sweetcorn	Garden Peas and Baked Beans
NO JACKET REQUIRED	  Jacket Wedges or Jacket Potato served with a selection of toppings including; Daily Hot Specials, Tuna Mayo, Salmon Mayo, Baked Beans or Cheese				
TILLER & HOBS PRESENTS	 Daily Specials from our Concept Range Including; Ciao Italia – Pasta in Sauce Topped with Cheese or a Choice of Pizza Moshi Moshi Noodles, Coupers & Co. Chicken & Me Gusto Burritos				
JUST DESSERTS	Lemon and Zucchini Tray Bake	Mexican Milk Cake	Oaty Apple Crumble with Vanilla Custard	Chocolate Cracknell	Banana Cake with Apple Compote

Feed Your Eco – Vegetarian  Sustainable Fish 

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WEEK TWO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S SPECIAL	Chicken Sausage with Mashed Potato and Onion Gravy	Spaghetti Bolognese (Lamb) with Garlic Bread	Roast Turkey with Roast Potatoes and Gravy	Chicken Curry with Steamed Rice or Bombay Potatoes	Battered Fish with Fries
VEG OUT	 Quorn Vegan Sausage with Mashed Potato and Onion Gravy	 Vegetable & Lentil Bolognese with Pasta	 Cauliflower, Broccoli and Sweet Potato Bake	 Sweet Potato & Lentil Curry with Steamed Rice or Bombay Potatoes	 Vegetarian Piri Piri Wrap
SIDES	Carrots and Broccoli	Panzanella Salad and Garden Peas	Wilted Greens and Carrot & Swede Mash	Tomato Sambal and Roast Cauliflower	Garden Peas and Baked Beans
NO JACKET REQUIRED	  <p>Jacket Wedges or Jacket Potato served with a selection of toppings including; Daily Hot Specials, Tuna Mayo, Salmon Mayo, Baked Beans or Cheese</p>				
TILLER & HOBS PRESENTS	 <p>Daily Specials from our Concept Range Including; Ciao Italia – Pasta in Sauce Topped with Cheese or a Choice of Pizza Moshi Moshi Noodles, Coupers & Co. Chicken & Me Gusto Burritos</p>				
JUST DESSERTS	Pear & Berry Pie with Custard	Apple & Cinnamon Muffin Tray Bake	Peach Sponge with Custard	Indian Spiced Cooky	Plant Based Chocolate Brownie

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WEEK THREE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S SPECIAL	Meatballs (Lamb) with Tagine Sauce with Coriander Rice	BBQ Chicken with Cajun Potato Wedges	Roast Turkey with Roast Potatoes and Gravy	Keema (Lamb) Curry with Steamed Rice and Raita	➔ Battered Fish with Fries
VEG OUT	🌱 Chick Pea and Vegetable Tagine with Rice	🌱 Spicy Bean Burger with Cajun Potato Wedges	🌱 Roast Root Vegetable and Sage Wellington	🌱 Roast Lentil Loaf	🌱 Red Lentil and Vegetable Sausage Roll with Fries
SIDES	Carrots and Broccoli	Vegetable Medley and Sweetcorn	Roasted Vegetables and Spinach	Green Beans and Carrots	Garden Peas and Baked Beans
NO JACKET REQUIRED	🌱 ➔ Jacket Wedges or Jacket Potato served with a selection of toppings including; Daily Hot Specials, Tuna Mayo, Salmon Mayo, Baked Beans or Cheese				
TILLER & HOBS PRESENTS	🌱 Daily Specials from our Concept Range Including; Ciao Italia – Pasta in Sauce Topped with Cheese or a Choice of Pizza Moshi Moshi Noodles, Coupers & Co. Chicken & Me Gusto Burritos				
JUST DESSERTS	Pineapple Upside Down Cake with Custard	Apple Pie with Custard	Lemon Drizzle Cake	Pear Crumble with Custard	Plant Based Chocolate Brownie

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