

Ramsey Grammar School
West Food Hall
Sample Menu / September 2021

Monday

Vegetable Soup (v) (gf)
Chicken & Mushroom Pie
Breaded Haddock fillet, Mushy Peas & chips
Sweet Potato & Spinach Curry & Rice (gf) (v)

Tuesday

Tomato & Basil Soup (v) (gf)
Thai Green Chicken Curry & Rice (gf)
Beef / Cheeseburger Bap
Pork Sausage, Mash & Beans
Garlic Mushrooms in a cream sauce & Rice (v) (gf)

Wednesday

Sweet Potato & Coconut Soup (gf) (v)
Beef & Mixed bean Chilli with Rice or Nachos (gf)
Roast of The Week, with a selection of vegetables, Potatoes & homemade stuffing
Sausage Roll
Cheese & Tomato Frittata (v)

Thursday

Mushroom & Spinach Soup (gf) (v)
Pork Meatballs in a tomato & Herb sauce with Pasta
Southern Fried Chicken Wrap with Salad & Sweet chilli sauce
Roasted Vegetable Pesto Pasta (v) (contains nuts)

Friday

Chicken & Sweetcorn Soup
Bacon Bap
Cajun Chicken with Roasted peppers & Onions
Beef Lasagne, mixed Salad & Coleslaw
Falafel & Spinach Burger & Salad