



## **Ramsey Grammar School**

### **Sample Menu**

#### **Monday**

Tomato & Roasted Red Pepper Soup (gf) (v)  
Chicken & Vegetable Stir Fry with Noodles  
Pork Sausage, Mashed Potato & Baked Beans (gf) (Meal Deal)  
Sweet Potato & Red Onion Frittata & Mixed Salad (v)

#### **Tuesday**

Courgette & Spinach Soup (gf) (v)  
Mild Beef & Vegetable Chilli with Rice or Nachos (Meal Deal)  
Slow Cooked Chicken with Baby Onions & Mushrooms & Seasonal Vegetables (gf)  
Tuscan Vegetable Ragu with Wholemeal Pasta (gf) (v)

#### **Wednesday Meat Free Day**

Leek & Potato Soup (gf) (v)  
Tomato & Mushroom Pasta Bake with Garlic Bread (v) (Meal Deal)  
Cheese & Onion Slice (v)  
Garlic Mushrooms in Cream Sauce with Rice (v)

#### **Thursday**

Sweet Potato & Coconut Soup (gf) (v)  
Chicken Tikka Masala with Rice & Naan Bread (Meal Deal)  
Pulled Pork in a Wholemeal Pitta with Salad & BBQ Sauce  
Falafel Burger with Corn Salsa, Mixed Salad & Baked Potato Wedges (v)

#### **Friday**

Minestrone Soup (gf) (v)  
Chicken, Bacon & Mushroom Pie with Seasonable Vegetables  
Breaded Haddock Fillet with Chips & Mushy Pies (Meal Deal)  
Roasted Mixed Pepper & Chickpea Curry with Rice (v)

#### **Also available**

A selection of Sandwiches / Wraps / Baguettes with Various Fillings  
Assorted Main Course Salads / Pasta & Salad Pots  
Fresh Fruit Pots / Yogurts / Fresh Fruit Basket / Sweet Treats

Gluten free sandwiches available, please order at breaktime