

OPTIONS	Option 1	Option 2 (Primary Only)	Dessert	Salad Bar	Secondary Option Only
WEEK 1					
Monday	Cheese and tomato pasta bake with garlic bread and sweetcorn	Shahi paneer with naan	Strawberry Mouse	Italian salad (lettuce, olives, sweetcorn, kidney, mixed beans & red peppers)	Cheese Sandwiches and Crisps
Tuesday	Vegetable burger with wedges and corn on the cob	Black chickpea curry (Kale Choley) with rice	Lemon cheesecake	Crunchy salad (chickpeas, cucumber peppers, celery and red onions)	Cheese Sandwiches and Crisps
Wednesday	Cheese and onion pasty with diced potatoes, vegetables and gravy	Yellow dahl with naan	Flapjack	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese Sandwiches and Crisps
Thursday	Pizza and chips with corn on the cob	Pizza and chips with corn on the cob	Chocolate brownie	Coleslaw salad (white cabbage, grated carrots, and mayonnaise)	Cheese Sandwiches and Crisps
Friday	Vegetable fingers, curly fries and beans.	Brown dahl with naan	Fresh fruit with custard	Mexican salad (lettuce, avocado, sweetcorn, kidney beans & spring onion)	Cheese Sandwiches and Crisps

Information: *In addition to the salads on offer there will be spinach, sweetcorn, carrots, and beetroot on offer for students to select from. We provide vegetarian options without egg, fish, or nuts as part of our lunch menu. The same is expected of food sent in from home in lunch boxes or for snacks. To prevent choking hazards, we ask grapes are cut into quarters before they are put in lunch boxes. Gluten Free options to school meals are also available. For further information please email our catering supervisor: M.Bening@seva.coventry.sch.uk

OPTION WEEK 2	Option 1	Option 2 (Primary Only)	Dessert	*Salad Bar	Secondary Option Only
Monday	Vegetable Nuggets, Chips & Beans	Yellow dahl with rice	Strawberry yoghurt	Italian salad (lettuce, olives, sweetcorn, kidney, mixed beans & red peppers)	Cheese Sandwiches and Crisps
Tuesday	Hot dogs with fries and corn on the cob	Chickpea curry with naan	Rice Krispie	Crunchy salad (chickpeas, cucumber peppers, celery and red onions)	Cheese Sandwiches and Crisps
Wednesday	Sausage roll, mashed potato, vegetables and gravy	Paneer burji with naan	Raspberry Jelly	Mexican salad (lettuce, avocado, sweetcorn, kidney beans & spring onion)	Cheese Sandwiches and Crisps
Thursday	Pizza and chips with corn on the cob	Pizza and chips with corn on the cob	Vanilla cake and custard	Coleslaw salad (white cabbage, grated carrots, and mayonnaise)	Cheese Sandwiches and Crisps
Friday	Jacket potatoes with cheese and beans	Mattar paneer with rice	Chocolate ice cream	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese Sandwiches and Crisps

Information: *In addition to the salads on offer there will be spinach, sweetcorn, carrots, and beetroot on offer for students to select from. We provide vegetarian options without egg, fish, or nuts as part of our lunch menu. The same is expected of food sent in from home in lunch boxes or for snacks. To prevent choking hazards, we ask grapes are cut into quarters before they are put in lunch boxes. Gluten Free options to school meals are also available. For further information please email our catering supervisor: M.Bening@seva.coventry.sch.uk