

OPTIONS	Option 1	Option 2	Dessert	Salad Bar	Secondary Option Only
WEEK 1					Sandwiches or Baguettes
Monday	Tomato and basil pasta with garlic bread and sweetcorn	Saag (spinach & potato) with chapati & plain yogurt	Semia (vermicelli)	Italian salad (lettuce, olives, sweetcorn, kidney, mixed beans & red peppers)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Tuesday	Vegan sausages, mash potatoes with peas and gravy	Chickpea curry with naan bread	Lemon cheesecake	Crunchy salad (chickpeas, cucumber peppers, celery and red onions)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Wednesday	Jacket potatoes with beans and cheese	Soya keema and peas mix with mixed vegetables, stuffed chapati and plain yogurt	Jelly with fresh fruits	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Thursday	Pizza and chips with corn on the cob	Yellow daal with chapati	Cake & custard	Coleslaw salad (white cabbage, grated carrots, and mayonnaise)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Friday	Stir fry noodles with garlic bread and steamed vegetables	Mutter paneer curry with rice	Cornflake tarts	Mexican salad (lettuce, avocado, sweetcorn, kidney beans & spring onion)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices

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	Option 1	Option 2	Dessert	*Salad Bar	Secondary Option Only
WEEK 2					Sandwiches or Baguettes
Monday	Spaghetti bolognese with garlic bread & broccoli	Mix vegetable with chapati and plain yogurt	Strawberry mousse	Italian salad (lettuce, olives, sweetcorn, kidney, mixed beans & red peppers)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Tuesday	Hot dogs with potato wedges and corn on the cob	Shahi paneer curry with naan	Fruit crumble with custard	Crunchy salad (chickpeas, cucumber peppers, celery and red onions)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Wednesday	Vegetable keema lasagne with garlic bread and steamed broccoli	Daal makhni (brown lentil curry) with chapati	Ice cream with fresh fruit	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Thursday	Pizza and chips with corn on the cob	White cabbage and peas mix with chapati and plain yogurt	Chocolate brownie	Coleslaw salad (white cabbage, grated carrots, and mayonnaise)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices
Friday	Cheese and onion pasty with diced potatoes and beans or gravy	Kofta curry (vegetables balls) with rice	Rice pudding	Mexican salad (lettuce, avocado, sweetcorn, kidney beans & spring onion)	Cheese & cucumber, Cheese & tomato, Cheese & pickle with vegan ham slices

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