

Lunch Menu

OPTIONS WEEK 1	Option 1	Option 2	Dessert	Salad Bar	Secondary Option Only
Monday	Tomato and basil pasta with garlic bread and sweetcorn	Aloo gajar sabji with naan and plain yogurt	Mango frozen yogurt	Mexican salad (Lettuce, avocado, sweetcorn, kidney beans & spring onion)	Cheese & Cucumber Sandwiches and Crisps
Tuesday	Cheese and onion pasty with diced potatoes, vegetables and gravy	Yellow dahl (lentils) with rice	Banana Mousse	Crunchy salad (Chickpeas, cucumber, peppers, celery and red onions)	Cheese & Cucumber Sandwiches and Crisps
Wednesday	Vegetable lasagna with garlic bread and steamed broccoli	Chickpea curry with naan	Semolina pudding	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese & Cucumber 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 & Cucumber Sandwiches and Crisps
Friday	Tomato soup with cheese baguette and steamed sweetcorn	Matar paneer curry with rice	Cornflake cakes	Mango and avocado salad (Mix florets, black eye beans, red onion and cherry tomatoes)	Cheese & Cucumber 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

Lunch Menu

OPTIONS WEEK 2	Option 1	Option 2	Dessert	Salad Bar	Secondary Option Only
Monday	Spaghetti Bolognese with garlic bread & broccoli	Palak paneer (spinach) with naan and plain yogurt	Strawberry yoghurt	Mexican salad (Lettuce, avocado, sweetcorn, kidney beans & spring onion)	Cheese Sandwiches and Crisps
Tuesday	Vegan sausage roll with mashed potatoes, vegetables, and gravy.	Dahl makhani with naan	Rice pudding	Crunchy salad (Chickpeas, cucumber, peppers, celery and red onions)	Cheese Sandwiches and Crisps
Wednesday	Mac and cheese with garlic bread and corn on the cob	Shahi paneer with naan	Chocolate ice cream	Mango and avocado salad (Mix florets, black eye beans, red onion and cherry tomatoes)	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 / chilli con carne	Soya chunks curry with rice	Raspberry jelly	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese Sandwiches and Crisps

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