

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	Soya keema with naan and plain yogurt	Vanilla ice cream with fresh fruit	Mexican salad (lettuce, sweetcorn, kidney beans & spring onion)	Cheese & cucumber sandwiches and crisps
Tuesday	Vegetable pasty with diced potatoes, vegetables and gravy	Shahi paneer with naan	Semiya (vermicelli)	Crunchy salad (chickpeas, cucumber, peppers and red onions)	Cheese & cucumber sandwiches and crisps
Wednesday	Vegetable lasagna with garlic bread and steamed broccoli	Matar (peas) panner curry with rice	Sponge cake with custard	Greek salad (lettuce, peppers, red onions, mixed olives, cherry tomatoes, cucumber, and feta cheese)	Cheese & cucumber sandwiches and crisps
Thursday	Pizza, chips and beans with corn on the cob	Pizza, chips and beans with corn on the cob	Strawberry yogurt	Coleslaw salad (white cabbage, grated carrots, and mayonnaise)	Cheese & cucumber sandwiches and crisps
Friday	Vegetable fingers, curly fries and beans	Dahl makhani with naan	Rice Krispies cake	Mango 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	Grated paneer with naan and plain yogurt	Butterscotch mousse	Mexican salad (lettuce, sweetcorn, kidney beans & spring onion)	Cheese sandwiches and crisps
Tuesday	Vegan sausage roll with mashed potatoes, vegetables, and gravy.	Yellow dahl with rice	Flapjack	Crunchy salad (chickpeas, cucumber, peppers and red onions)	Cheese sandwiches and crisps
Wednesday	Vegetable burger with wedges and corn on the cob	Chickpea curry with naan	Cheesecake	Mango 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	Chocolate brownie	Coleslaw salad (white cabbage, grated carrots, and mayonnaise)	Cheese sandwiches and crisps
Friday	Jacket potatoes with cheese and beans	Kidney bean curry with rice	Orange jelly	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