

# BCS Week 1 Menu Winter 2021

(w/c 6<sup>th</sup> Sept, 27<sup>th</sup> Sept, 1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec)



The Blue Coat School

Founded by the Church of England in 1722

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	<b>'BCS Fish and Chip Shop'</b>
<b>Halal</b>	Braised steak and mushroom casserole	Sweet and sour pork	Garlic and herb chicken breast	Turkey meat balls	Sustainable Battered Fish and Chips
<b>Vegetarian</b>	Halal steak and mushroom casserole	Halal sweet and sour turkey	Halal garlic and herb chicken breast	Halal turkey meat balls	MSC Omega 3 Breaded Fish Fingers
<b>On the side</b>	Turkey and leek casserole	Sweet and sour vegetarian strips	Brie and tomato quiche	Quorn meat balls	Vegan Nuggets
	Vegan mince and onion casserole	Chop Suey noodles	Parmentier potatoes	Tomato and red pepper sauce	Cheese and Onion Pasties
	Sauté potatoes	Vegetable spring roll	Peas	Braised lemon rice	Chips, Beans, curry sauce and Mushy Peas
	Broccoli and green beans	Spring cabbage	Carrots	Sweetcorn and Salad	
		Mange tout	Rich gravy	Flat breads	
<b>Chef's Extra</b>	Jackets with cheese and baked beans	Penne pasta with tomato and basil sauce	Jackets with cheese and baked beans	Penne pasta with tomato and basil sauce	Macaroni cheese
<b>Dessert Everyday</b>	Rice crispie cake Selection of fruits and yoghurt	Blueberry sponge with chantilly cream Selection of fruits and yoghurt	Apple and blackberry crumble and custard Selection of Fruits and yoghurt	Chocolate sponge with chocolate sauce Selection of fruits and yoghurt	Frozen yoghurts and smoothie pots Selection of fruits and yoghurt