

# Reading Boys School Week 1 September 2023

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Break:</b> Sausage Rolls, Bacon Rolls, Pastries <b>(G, MK, E)</b>	<b>Morning Break:</b> Pastries, chicken tikka, tomato, cheese swirls <b>(G, MK, E)</b>	<b>Morning Break:</b> Sausage Rolls, Bacon Rolls, Pastries <b>(G, MK, E)</b>	<b>Morning Break:</b> Pastries, vegetable spring rolls, vegetable samosa <b>(G, MK, E, MU, SE, SO)</b>	<b>Morning Break:</b> Paninis, Toasties, Pastries <b>(G, MK, E)</b>
<b>Lunch:</b> Turkey Bolognese, whole wheat pasta, Basil, Italian hard cheese <b>(G, MK, CE)</b>	<b>Lunch:</b> Chicken, sweet potato, chickpea & spinach curry, whole grain rice <b>(CE, MK)</b>	<b>Lunch:</b> Roast Pork Shoulder and Apples, Roasted root vegetables, roast potatoes & pan gravy. Yorkshire pudding <b>(G, E, MK,)</b>	<b>Lunch:</b> Garlic breaded Chicken, garlic & herb buttered sauce, buttered peas, Parmentier potatoes. <b>(G, MK)</b>	<b>Lunch:</b> Fish and Chips with Peas or Mushy Peas <b>(G, F)</b>
<b>Lunch Vegetarian:</b> Quorn Bolognese, whole wheat pasta, Basil, Italian hard cheese <b>(G, MK, CE, E)</b>	<b>Lunch Vegetarian:</b> Sweet potato, chickpea & spinach curry <b>(CE, MK)</b>	<b>Lunch Vegetarian:</b> Vegetable loaf, Roasted seasonal vegetables, roast potatoes & pan gravy. Yorkshire pudding <b>(G, E, MK,)</b>	<b>Lunch Vegetarian:</b> Portabella mushroom, Garlic & herb crust Buttered peas, Parmentier potatoes <b>(G, MK)</b>	<b>Lunch Vegetarian:</b> Battered halloumi cheese with Peas or Mushy Pea <b>(G, MK)</b>
<b>JACKET POTATO &amp; PASTA STATION</b>	<b>Baked beans</b>	<b>Bolognese</b>	<b>Mornay sauce</b> <b>(G, MK, MU)</b>	<b>Tomato sauce</b> <b>(SP)</b>
<b>Grab`n`Go:</b>	<b>Grab`n`Go:</b>	<b>Grab`n`Go:</b>	<b>Grab`n`Go:</b>	<b>Grab`n`Go:</b>

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Chicken gyoza, bean sprouts, soy, chilli, sweetcorn & Pak choi broth. <b>(G, SO, F)</b>	Italian style Roasted chicken & tomato gnocchi with oregano, mascarpone, basil & garlic <b>(G, E, MK, SO, MU)</b>	Moroccan style spiced chicken drumstick, cous cous salad, roasted Provencal vegetables. <b>(G)</b>	Beef Quarter Pounder with Chips <b>(G, MK)</b>	Pulled BBQ Chicken. Macaroni cheese <b>(G, MK)</b>
<b>Grab`n`Go Veg:</b> Vegetable gyoza, bean sprouts, soy, chilli, sweetcorn & Pak choi broth <b>(G, SO, F)</b>	<b>Grab`n`Go Veg:</b> Italian style tomato gnocchi with oregano, mascarpone, basil & garlic <b>(G, E, MK, SO, MU)</b>	<b>Grab`n`Go Veg:</b> Moroccan style spiced Tofu, cous cous salad, roasted Provencal vegetables. <b>(G, SO)</b>	<b>Grab`n`Go Veg:</b> Veggie Burger with Chips <b>(G)</b>	<b>Grab`n`Go Veg:</b> Macaroni cheese <b>(G, MK)</b>
<b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SP, SO)</b>	<b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SP, SO)</b>	<b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SP, SO)</b>	<b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SP, SO)</b>	<b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SP, SO)</b>

Available Daily: Freshly Cooked Soup with Breads, Fresh Cut Fruits, Selection of Sandwiches, Wraps and Sub Rolls, Vegan & Gluten free Options available on request please ask a member of the catering team if you are unsure of any dietary requirements.