

Reading Boys School Week 3 September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break: Sausage Rolls, Bacon Rolls, Pastries (G, MK, E)	Morning Break: Pastries, chicken tikka, tomato, cheese swirls (G, MK, E)	Morning Break: Sausage Rolls, Bacon Rolls, Pastries (G, MK, E)	Morning Break: Pastries, vegetable spring rolls, vegetable samosa (G, MK, E, MU, SE, SO)	Morning Break: Paninis, Toasties, Pastries (G, MK, E)
Lunch: Turkey escalope Mustard cream sauce Saute potatoes, winter greens (G, MK,)	Lunch: White fish, lemon & parsley sauce, Buttered new potatoes & greens (F, G, MK)	Lunch: Roast chicken legs Roasted potatoes, root vegetables, & pan gravy. Yorkshire pudding (G, E, MK,)	Lunch: Beef goulash, sour cream, whole wheat pasta Pickled red cabbage (G, MK, MU, CE, SP)	Lunch: Fish and Chips with Peas or Mushy Peas (G, F)
Lunch: Mediterranean vegetable quiche Saute potatoes, winter greens (G, MK, E, MU, CE,)	Lunch Vegetarian: Marinated Quorn fillet, lemon & parsley sauce, Buttered new potatoes & greens (E, SO, MK)	Lunch Vegetarian: Vegetable loaf, Roasted seasonal vegetables, roast potatoes & pan gravy. Yorkshire pudding (G, E, MK,)	Lunch Vegetarian: Roasted vegetable Goulash, sour cream, whole wheat pasta Pickled red cabbage (G, MK, MU, CE, SP)	Lunch Vegetarian: Battered halloumi cheese with Peas or Mushy Pea (G, MK)
DAILY JACKET POTATO &	Baked beans	Bolognese	Mornay sauce (G, MK, MU)	Tomato sauce (SP)

PASTA STATION				
Grab`n`Go: Chicken & turkey frankfurters Brioche bun sliders Potato Wedges (G)	Grab`n`Go: Mexican chicken & bean salsa burrito Saffron rice (NO ALLERGENS)	Grab`n`Go: Chinese style chicken with vegetables, sesame & egg noodles (G, E, SP, SE)	Grab`n`Go: Tandoori marinated chicken wings, pita breads & salad (G,)	Grab`n`Go: Pulled BBQ Chicken. Macaroni cheese (G, MK)
Grab`n`Go Veg: Quorn dog, brioche bun sliders, potato wedges (G, E, SO, MK)	Grab`n`Go Veg: Mexican Vegetable & bean salsa burrito Saffron rice (SO)	Grab`n`Go Veg: Chinese style vegetables with sesame & egg noodles (G, E, SP, SE)	Grab`n`Go Veg: Marinated butternut squash & cauliflower, pita bread & salad (G,)	Grab`n`Go Veg: Macaroni cheese (G, MK)
Dessert: Selection of Cakes (G, E, MK, SP, SO)	Dessert: Selection of Cakes (G, E, MK, SP, SO)	Dessert: Selection of Cakes (G, E, MK, SP, SO)	Dessert: Selection of Cakes (G, E, MK, SP, SO)	Dessert: Selection of Cakes (G, E, MK, SP, SO)

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.