

# Reading school Summer Menu 3 2024

## Menu 3

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Break:</b> Sausage Rolls, Bacon Rolls, Danish Pastries  <b>(G, MK, E)</b>	<b>Morning Break:</b> Pastries, chicken slice, vegan Curry slice, Cheese swirls, Bacon & cheese Turnovers <b>(G, MK, E)</b>	<b>Morning Break:</b> Sausage Rolls, Bacon Rolls, Danish Pastries  <b>(G, MK, E)</b>	<b>Morning Break:</b> Pastries, vegetable spring rolls, vegan steak slice, vegetable samosa <b>(G, MK, E, MU, SE, SO)</b>	<b>Morning Break:</b> Paninis, Toasties, Danish Pastries  <b>(G, MK, E)</b>
<b>Lunch:</b> Salmon & Asparagus Fishcake Kale, pea, broccoli & quinoa salad <b>(G, F, MK)</b>	<b>Lunch:</b> Chilli con carne Herb & citrus Flavoured rice <b>(HALAL)</b> <b>(CE)</b>	<b>Lunch:</b> Roast Beef, Roasted potatoes, root vegetables, & pan gravy. Yorkshire pudding <b>(HALAL)</b> <b>(G, E, MK,)</b>	<b>Lunch:</b> Harissa spiced cous cous with chicken meatballs, dill, creme fraiche & pomegranate.  <b>(G, MK, CE, SP, SO)</b>	<b>Lunch:</b> Fish and Chips with Peas or Mushy Peas  Saveloy sausage <b>(G, F,)</b>
<b>Lunch vegetarian:</b> Sweet potato Falafels, beetroot hummus Tomato & herb salsa. Crispy rocket <b>(SE, G)</b>	<b>Lunch vegetarian:</b> Five bean chilli Herb & citrus flavoured rice  <b>(CE)</b>	<b>Lunch vegetarian:</b> Vegetable nutless slice Roasted potatoes, root vegetables, & pan gravy. Yorkshire pudding <b>(G, E, MK)</b>	<b>Lunch vegetarian:</b> Harissa spiced cous cous with vegan meatballs, dill, creme fraiche & pomegranate.  <b>(G, MK, CE, SP, SO)</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>Vegan meatballs                      (G)</b>	<b>Mornay sauce                      (G, MK, MU)</b>	<b>Tomato sauce.                      (SP)</b>
<b>Soup of the day</b> Tomato & basil	<b>Soup of the day</b> Sweet potato & ginger	<b>Soup of the day</b> Curried parsnip	<b>Soup of the day</b> Roasted vegetable	<b>No soup</b>

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<p><b>Grab`n`Go:</b> Teriyaki chicken Steamed rice &amp; sesame seed roasted broccoli. <b>(SE, SO, G)</b></p>	<p><b>Grab`n`Go:</b> Chicken tikka breast Bruschetta, yoghurt Chickpea &amp; quinoa salad <b>(MK)</b></p>	<p><b>Grab`n`Go:</b> Sticky Hoisin &amp; garlic chicken wings, spring onions, tomato &amp; coriander <b>(SP)</b></p>	<p><b>Grab`n`Go:</b> Maple &amp; sweet chilli Chicken skewer Kiln roasted naan bread. Salad <b>(G)</b></p>	<p><b>Grab`n`Go:</b> Pulled BBQ Chicken. Macaroni cheese <b>(G, MK)</b></p>
<p><b>Grab`n`Go Veg:</b> Teriyaki vegan feta Steamed rice &amp; sesame seed roasted broccoli. <b>(SE, SO, G)</b></p>	<p><b>Grab`n`Go Veg:</b> Spiced halloumi Bruschetta, yoghurt Chickpea &amp; quinoa salad <b>(MK)</b></p>	<p><b>Grab`n`Go Veg:</b> Sticky Hoisin &amp; garlic Quorn. Spring onions, tomato &amp; coriander. <b>(G, E, MK, SP,)</b></p>	<p><b>Grab`n`Go Veg:</b> Marinated butternut squash &amp; cauliflower, Kiln roasted naan bread. Salad <b>(G)</b></p>	<p><b>Grab`n`Go Veg:</b> Macaroni Cheese <b>(G, MK)</b></p>
<p><b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SO)</b></p>	<p><b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SO)</b></p>	<p><b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SO)</b></p>	<p><b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SO)</b></p>	<p><b>Dessert:</b> Selection of Cakes <b>(G, E, MK, SO)</b></p>

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Dinner</b> Grilled chicken Caesar salad Herb croutons, crispy bacon &amp; Anchovies Italian hard cheese (F, MK, G)</p>	<p><b>Dinner</b> Seared seabass fillet Salsa Verdi Mint &amp; pea risotto.  (F)</p>	<p><b>Dinner</b> <b>BOARDER OF THE WEEK CHOICE</b></p>	<p><b>Dinner</b> Slow cooked lamb Moussaka Warm pitta bread Greek salad Tzatziki dressing (MK, G, CE)</p>	
<p><b>Dinner vegetarian</b> Grilled Halloumi Caesar salad Herb croutons, crispy bacon &amp; Anchovies Italian hard cheese  (F, MK, G)</p>	<p><b>Dinner vegetarian</b> Seared Quorn fillet Salsa Verdi Mint &amp; pea risotto. (G)</p>	<p><b>Dinner vegetarian</b>  <b>BOARDER OF THE WEEK CHOICE</b></p>	<p><b>Dinner vegetarian</b> Lentils &amp; roasted vegetable Moussaka Warm pitta bread Greek salad Tzatziki dressing (MK, G, CE)</p>	
<p><b>Dessert:</b> Strawberry &amp; yoghurt Ice cream.  (MK)</p> <p><b>SNACKS</b> Soreen malt loaf</p>	<p><b>Dessert:</b> Milk chocolate mousse. Orange compote  (MK)</p> <p><b>SNACKS</b> McVities Club orange</p>	<p><b>Dessert:</b>  <b>BOARDER OF THE WEEK CHOICE</b></p>	<p><b>Dessert:</b> Apple crumble Ice cream.  (G, MK)</p> <p><b>SNACKS</b> Pom Bear Crisps</p>	