

THE KITCHEN @ CAMPSMOUNT ACADEMY

WEEK 1

1 Sept
21 Sept
12 Oct
9 Nov

30 Nov
4 Jan
25 Jan

House Favourites



Vegetarian or Flexitarian, this option is great if you're wanting a break from meat.

MONDAY Pumpkin Mac 'N' Cheese, Crunchy Cauliflower 2,4,7 V	MONDAY Lentil and Vegetable Cottage Pie 2,7,13,14 V
TUESDAY Birria Pulled Pork Tacos 2	TUESDAY Spicy Mixed Bean Soft Shell Tacos 2 V
WEDNESDAY Traditional Minced Beef Cobbler 2,7	WEDNESDAY Pizza Pasta Bake 2,7,13 VG
THURSDAY Crispy Chicken Katsu 2,4,13 50/50 Egg Fried Rice 4,13	THURSDAY Crispy Tofu and Cauliflower Katsu 2,4, 13 50/50 Egg Fried Rice 4,13
FRIDAY Salmon Fingers, Chunky Chips 2,5	FRIDAY Homemade Cheese and Onion Quiche 2,4,7 V

SIDES

MONDAY Honey Glazed Carrot Broccoli, Green Beans Tomato and Garlic Pizzette 2,7 Salad Bar	TUESDAY Mexican Red Rice Sweetcorn Honey Apple Mustard Slaw 4,7, 9 Salsa	WEDNESDAY Mashed Potatoes 7 Slow Roast Seasonal Vegetables Green Beans and Peas Mixed Salad	THURSDAY Broccoli, Beans and Edamame 13 Big Green Leafy Salad Shredded Ginger Vegetable Salad 12	FRIDAY Mushy Peas Steamed Garden Peas Caesar Salad 2,4,7 Beetroot Salad
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DESSERT

A daily selection of homemade and freshly baked cakes, tray bakes, buns and cookies

Dessert of the day

* Please check individual dessert labels for allergen information *

Fresh Fruit Salad, Fresh Fruit, Yoghurt and Overnight Oats **V 7**

LIVING YOUR TASTIEST LIFE

Meal Deal £2.80

MAIN MEAL + CHOICE OF DESSERT/FRESH FRUIT/YOGHURT OR GENERATION JUICE
MAIN MEAL ONLY £2.30
SELECTION OF HOT & COLD SANDWICHES/WRAP/ PANINIS/ SALADS £2.30

Delicious informal choices. Inspired by popular street food.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Freshly Baked Margherita Pizza Wedge 2,7 V	Homemade Soup of The Day V and Sandwich (check Allergen label)	Sticky Sweet Chilli Chicken, Stir Fried Rice 2,4,12,13	100% Butchers Beef Burger, tomato, onion and pickles 2,7	Moroccan Chicken Wrap, Hummus & Salad, Garlic Sauce 2,4,7,12,14

BAKED POTATO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Beans, Cheddar Cheese 7,V	Cheddar Cheese & Spring Onion 4,7,9 V	Baked Beans, Cheddar Cheese 7,V	Tuna & Sweetcorn 4,5,9	Baked Beans, Cheddar Cheese 7,V

DELI BAR

FRESHLY MADE PANINIS, WRAPS, SANDWICHES AND SALAD POTS



Allergen Key: 1 Celery 2 Cereals Containing Gluten 3 Crustaceans 4 Eggs 5 Fish 6 Lupin 7 Dairy 8 Molluscs 9 Mustard 10 Nuts 11 Peanuts 12 Sesame 13 Soya 14 Sulphites/Sulphur Dioxide **V** Vegetarian **VG** Vegan

9 Sept
28 Sept
19 Oct
16 Nov

7 Dec
11 Jan
1 Feb

House Favourites

MONDAY

Selection of Fresh
Homemade Pizzas **2,7 V**

TUESDAY

Carribean Chicken and
Pumpkin Curry, Rice and
Peas, Coconut Bread **2,7**

WEDNESDAY

Roast Loin of Pork, Apple
Sauce, Stuffing, Stuffing **2**,
and Gravy

THURSDAY

Spicy Beef Chilli 50/50 Rice

FRIDAY

Battered Fish Filet, Chunky
Chips **2,5**



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wanting a break from meat.

MONDAY

Fussili Pasta, Sun Dried
Tomato Pesto **2,4,7, V**

TUESDAY

Carribean Pumpkin and
Chickpea Curry, Rice and
Peas, Coconut Bread **2,7**

WEDNESDAY

Butternut Squash, Lentil and
Feta Wellington **2,4,7 V**

THURSDAY

Loaded Veggie Nachos 50/50
Rice **13,14 VG**

FRIDAY

Homemade Roasted Red
Pepper and Spinach Quiche
2,4,7 V

SIDES

MONDAY

Oven Roasted
Vegetables,
Pesto **4,7**
Broccoli

Salad Bar

TUESDAY

Fried Plantain
Steamed
Seasonal
Greens

Pineapple Slaw **12**

WEDNESDAY

Roast and Mashed
Potatoes **7** Roast
Root Veg, Savoy
Cabbage
Beetroot, Red
Cabbage and
Apple Salad

THURSDAY

Sweet Corn
Mexican Roast
Cauliflower
Sour Cream **7**
Fresh Salsa,
Gaucamole

FRIDAY

Mushy Peas
Steamed
Garden Peas
Salad Bar

DESSERT

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Dessert of the day

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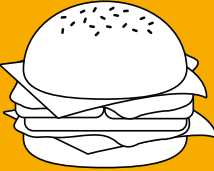
Fresh Fruit Salad, Fresh Fruit, Yoghurt and Overnight Oats **V 7**

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£2.80

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FRUIT/YOGHURT OR GENERATION JUICE
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SELECTION OF HOT & COLD
SANDWICHES/WRAPS/PANINIS/
SALADS £2.30

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MONDAY

Cheese, Tomato
and Pesto Pin
Wheel **2,4,7,9,12 V**

TUESDAY

Fish Finger
Sandwich, Lettuce,
Mayo, Soft Bun
2,4,5

WEDNESDAY

Roast Pork and
Stuffing Sandwich **2**

THURSDAY

Freshly Baked
Pepperoni
Pizza Wedge **2,7**

FRIDAY

Coconut Chicken
Curry and Rice **13**



BAKED POTATO

MONDAY

Baked Beans,
Cheddar Cheese
7 V

TUESDAY

Cheddar Cheese
& Spring Onion
4,7,9 V

WEDNESDAY

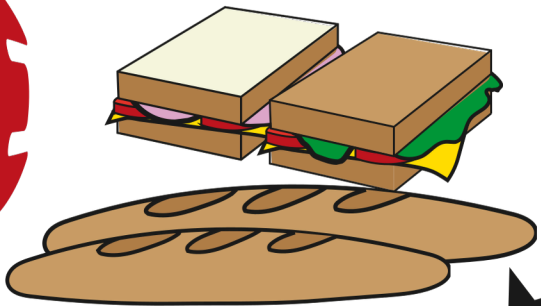
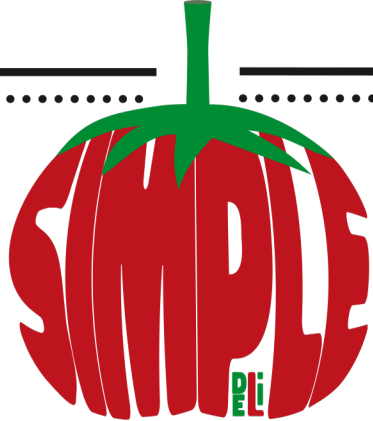
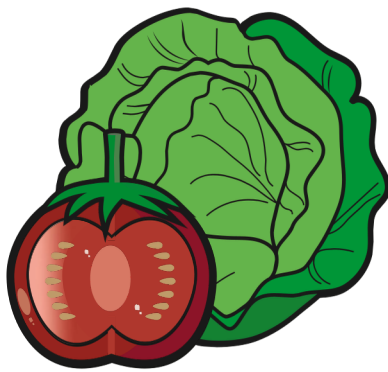
Baked Beans,
Cheddar Cheese
7 V

THURSDAY

Tuna, Pepper &
Sweetcorn **4,5,9**

FRIDAY

Baked Beans,
Cheddar Cheese
7 V



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