School Master Menus

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack 🥐🥕🥦				
A selection of freshly prepared breakfast options will also be available to pre-order online each day.				
Cold Lunch 🥪🥗🍜				
Non-Vegetarian				
Chicken & Honey Mustard Sandwich	Turkey & Noodle Salad with Veggies	Chicken Caesar Salad with Croutons	Chicken & Lemon Mayo Sandwich	Pulled Beef & BBQ Sliders with Apple Coleslaw
Vegetarian				
Falafel & Tahini Wrap	Veggie Noodle Salad	Crispy Tofu Caesar Salad with Croutons	Egg Salad Sandwich	Hummus & Falafel Sliders
Hot Lunch 🍛🥧🍕				(No hot meals served on Fridays)
🍽️ **Everyday Favorites**				
Turkey Meatballs in Tomato Sauce served with Wholemeal Spaghetti	BBQ Chicken Pizza with Rainbow Slaw & Sweetcorn	Chicken Parmesan served with Creamy Mash Potato, Broccoli & Honey Glazed Carrots	Chargrilled Beef Burger in a Brioche Bun Seasoned Skin-on Potato Wedges	
👨‍🍳 **Chef's Choice** (Featuring seasonal dishes that change throughout the year)				
🌮 **Mexican Mondays**	🍝 **Italian Tuesdays**	🌎 **Around the World Wednesdays**	🍛 **Indian Thursdays**	
Mild Homemade Beef Chilli served with Brown Rice & Baked Tortilla Chips	Beef Bolognaise served with Wholemeal Penne & Garlic Bread	Herb Roasted Chicken with Brown Rice Pilaf Honey Glazed Carrots & Broccoli	Creamy Coconut Chicken Curry served with Brown Rice	
Vegetarian 🍛🍝🥦				
Veggie Quesadillas served with Fresh Corn Salsa	Wholemeal Penne in a Tomato & Basil Sauce served with Garlic Bread	Mac & Cheese with Hidden Vegetables	Vegetable Korma with Brown Rice	
Dessert 🍰🍪🍉				
(Selection of Whole Fruits)				

⭐Seasonal Chef's Specials will be introduced throughout the year, so menu options may vary to provide students with even greater variety. ⭐

For more info please go to https://mastercook.odoo.com/

SCHOOL MASTER MENUS

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack 🥐🥕🥦				
A selection of freshly prepared breakfast options will also be available to pre-order online each day.				
Cold Lunch 🥪🥗🍜				
Non-Vegetarian				
BBQ Chicken Sandwich	Grilled Chicken & Fusilli Pasta with Pesto	Chicken Cajun Wrap	Tuna Pasta Salad	Teriyaki Beef Sandwich
Vegetarian				
Cheese & Tomato Wrap	Grilled Veg & Fusilli Pasta with Pesto	Cheese & Tomato Sandwich	Tomato Pasta Salad with Veggies	Teriyaki Tofu Sandwich
Non-Vegetarian - Hot Lunch 🍛🥔🍕				(No hot meals served on Fridays)
🍽️ **Everyday Favorites**				
Sticky Sweet & Sour Chicken served with Mixed Rice and Stir-Fried Vegetables	Beef Cottage Pie with Garden Peas, Carrots & Beef Gravy	Chicken Goujons served with Pesto Pasta & Sweetcorn	Chargrilled Turkey Burger in a Brioche Bun with Cajun Wedges & Corn on the Cob	
👨‍🍳 **Chef's Choice** (Featuring seasonal dishes that change throughout the year)				
🌮 **Mexican Mondays**	🍝**Italian Tuesdays**	🌎**Around the World Wednesdays**	🍛 **Indian Thursdays**	
Chicken Fajita Bake served with Mexican Rice & Sweetcorn	Creamy Chicken Alfredo with Wholemeal Penne & Garden Peas	Mediterranean Chicken with Brown Rice Pilaf & Roasted Vegetables	Butter Chicken with Brown Rice & Cucumber Raita	
Vegetarian 🍛🍝🥦				
Sweet & Sour Vegetables served with Brown & White Fried Rice	Vegetable Cottage Pie served with Seasonal Vegetables	Pesto Pasta served with Roasted Mediterranean Vegetables	Vegetarian Burger in a Brioche Bun with Cajun Wedges & Corn on the Cob	
Dessert 🍰🍪🍉				
(Selection of Whole Fruits)				

⭐Seasonal Chef's Specials will be introduced throughout the year, so menu options may vary to provide students with even greater variety. ⭐

For more info please go to https://mastercook.odoo.com/

Master Cook

SCHOOL MASTER MENUS

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack 🥐🥕🥒				
A selection of freshly prepared breakfast options will also be available to pre-order online each day.				
Cold Lunch 🥪🥗🍝				
Non-Vegetarian				
Chicken Caesar Wrap	Turkey Club Sandwich	Chicken & Mozzarella Pasta Salad	Turkey Salad Wrap	Beef Tacos
Vegetarian				
Cucumber & Cheese Sandwich	Veggie Club Sandwich	Mozzarella Pasta Salad	Cheese Salad Wrap	Veggie Tacos
Hot Lunch 🍲🥧🍕				(No hot meals served on Fridays)
🍽️ **Everyday Favorites**				
Turkey Pasta Bake with Wholemeal Pasta served with Garlic Bread	Chicken Katsu Curry served with Brown Rice & Steamed Broccoli	Chicken Stir Fry served with Brown Rice & Asian Vegetables	Grilled BBQ Chicken Burger in Baked Saj Bread served with Sweet Potato Wedges & Homemade Coleslaw	
👨‍🍳 **Chef's Choice** (Featuring seasonal dishes that change throughout the year)				
🌮 **Mexican Mondays**	🍝**Italian Tuesdays**	🌎**Around the World Wednesdays**	🍛 **Indian Thursdays**	
Chicken Satay Rice Bowl with Nut-Free Satay Sauce, Brown Rice & Vegetables	Beef Lasagna with Garlic Bread & Garden Salad	Chicken Shawarma served with Cajun Potato Wedges, Garlic Yoghurt Dip & Tomato Cucumber Salad	Beef Biryani with Fresh Cucumber Raita	
Vegetarian 🍛🍝🥒				
Veggie Turnover with Mash Potato & Veggies	Veggie Lasagna with Garlic Bread	Vegetable Stir Fry served with Brown Rice & Asian Vegetables	Vegetarian Biryani with Raita	
Dessert 🍰🍪🍉				
(Selection of Whole Fruits)				

⭐Seasonal Chef's Specials will be introduced throughout the year, so menu options may vary to provide students with even greater variety. ⭐

For more info please go to https://mastercook.odoo.com/