

The Iffley Academy School Lunch Menu Term 3

25th April - 27th May 2022

Df - Dairy Free

Gf - Gluten free - (A gluten free alternative can provided on all other days if needed)

Served With Serve		Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Oriental Quorn Gof Df Vegan) Cuorn Chilli Vegetable Sausage Chips Saked Quorn Gof Df Vegan) Chicken Chick	Main Meal	Macaroni Cheese		Gravy		
Served With Sweetcom (Gt, Df, Vegan) Chicocolate Sponge & Chocolate Sponge & Chocolate Sponge & Chocolate Sauce (Gt, Df, Vegan) (Gt, Df, Vegan) Rachos (Gf, Df, Vegan) (Gf, Df, Vegan) Rachos (Gf, Df, Vegan)	Vegetarian			Baked Quorn		Vegetable Sausage
Pudding Chocolate Sauce (Gf, Df, Vegan) (Df) ROCK Cares (Gf, Df, Vegan) (Df) ROCK Cares (Gf, Df, Vegan) (Df,	Served With	Sweetcorn	(Df, Vegan) Chinese Vegetables	Carrot & Peas	(Gf, Df, Vegan) Nachos	Baked Beans
Main Meal Lamb Bolognese (Gf, Df) Vegetarian Vegetable Bolognese (Gf, Df) Vegetarian Spaghetti (Df, Vegan) Peas (Df, Vegan) Peas (Df, Vegan) Pudding Apple Sponge & Custard Main Meal Chicken with reram & sweetcom Sauce (Gf) Apple Sponge & Custard Main Meal Chicken (Gf, Df) Apple Sponge & Cheese & Tomate Pizzza Roast Potatoes & Gravy Carrots & Peas (All Gf, Df, Vegan) Sweetcom (Gf, Df, Vegan) Pudding Apple Sponge & Custard Main Meal Chicken Curry (Gf) Pudding Apple Sponge & Custard Main Meal Chicken Curry (Gf) Spicy Cheese & Peas (All Gf, Df, Vegan) Vegetarian Chicken with cream & sweetcom (Gf, Df, Vegan) Roast Potatoes & Peas (All Gf, Df, Vegan) Chocolate Chip Sponge & Comflake Cake Roast Potatoes Peas (All Gf, Df, Vegan) Chocolate Chip Sponge & Comflake Cake Roast Potatoes Peas (All Gf, Df, Vegan) Friday Friday Main Meal Chicken Curry (Gf) Vegetable Curry (Gf) Vegetable in Creamy Tomato sauce (Gf) Roast Potatoes Peas (All Gf, Df, Vegan) Vegetables in Creamy Tomato sauce (Gf) Roast Potatoes Mixed Peas (Df, Df, Vegan) All Gf, Df, Vegan) Peas (All Gf, Df, Vegan) Chicken Curry (Gf) Pasta (Df, Vegan) Chips Peas (Gf) Df, Vegan) All Gf, Df, Vegan) Peas (Cf, Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Chips Peas (Gf) Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Roast Potatoes Mixed Peas (Df, Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Roast Potatoes Mixed Peas (Df, Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Roast Potatoes Mixed Peas (Df, Df, Vegan) Chips Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (Gf) Df, Vegan) Peas (All Gf, Df, Vegan) Peas (Gf) Df, Vegan) Roast Potatoes Mixed Peas (Df, Df, Vegan) Chips Peas (Df, Df, Vegan) Peas (Df, Df,	Pudding				Rock Cakes	Flapjack (Gf, Df, Vegan)
Main Meal Lamb Bolognese (Gf, Df) Vegetarian Vegetable Bolognese (Gf, Df) Vegetarian Served With Pudding Apple Sponge & Custard Main Meal Chicken Curry (Gf) Rice & Black beans (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Pudding Apple Sponge & Custard Main Meal Chicken Curry (Gf) Rice & Black beans (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Pudding Apple Sponge & Custard Main Meal Chicken Curry (Gf) Rice & Black beans (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Wednesday Thursday Friday Friday Main Meal Chicken Curry (Gf) Vegetarian Chicken Curry (Gf) Spicy Cheese & Pepperoni Wrap Wrap Quorn Sausages Spicy Bean Cake (Gr) New Potatoes Peas (All Gf, Df, Vegan) (Gr) Cornflake Cake Biscuits Comflake Cake Roast Potatoes Baked Beans (All Gf, Df, Vegan) Thursday Friday Friday Friday Wednesday Thursday Friday Battered Cod (Gf) Vegetables in Creamy Tomato sauce (Gf) Vegetables in Creamy Tomato sauce (Gf) Rice (Gf, Df, Vegan) Onion Bhajis (Df, Vegan) Onion Bhajis (Df, Vegan) Onion Bhajis (Df, Vegan) Am sponge & Eton Mess Enuit Salad Carrot & Banana Red Velvet Cookie	ek Two - Week	Commencing 2nd Ma	y & 23rd May			
Main Meal Lamb Bolognese (Gf, Df) Chicken (Gf, Df) Roast Pork (Gf, Df) & sweetcorn Sauce (Gf) Ham & Musnroon Pizza Vegetable Bolognese (Gf, Df, Vegan) Vegetable Bolognese (Gf, Df, Vegan) Jamaican Jerk Quorn Sausages Spicy Bean Cake (Gf) Cheese & Tomate Pizza Served With Spaghetti (Df, Vegan) Peas (Df, Vegan) Rice & Black beans (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Roast Potatoes & Peas (All Gf, Df, Vegan) New Potatoes Peas (All Gf, Df, Vegan) Chips Baked Beans (All Gf, Df, Vegan) Pudding Apple Sponge & Custard Berry Cheesecake Chocolate Chip Sponge Gingerbread Biscuits Cornflake Cake ek Three Menu - Week Commencing 9th May Monday Tuesday Wednesday Thursday Friday Main Meal Chicken Curry (Gf) Spicy Cheese & Pepperoni Wrap Roast Chicken (Gf) Beef with creamy tomato sauce (Gf) Battered Cod Vegetarian Lentil & Vegetable Curry (Gf) Spicy 3 Cheese Wrap Roast Potatoes Mixed Vegetable & Curry (All Gf, Df, Vegan) Pasta (Df, Vegan) Suce (Cf) Chips Peas (Gf, Df, Vegan) Served With Jam sponge & Eton Mess Eton Mess Fruit Salad Carrot & Banana Red Velvet Cookie		Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Bolognese (Gf, Df, Vegan) Quorn (Df, Vegan) Quorn Sausages Spicy Bean Cake (Gf) Chiese & Infliate Pizza Served With Spaghetti (Df, Vegan) Peas (Df, Vegan) Rice & Black beans (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Roast Potatoes & Gravy Carrots & Peas (All Gf, Df, Vegan) New Potatoes Peas (All Gf, Df, Vegan) Chips Baked Beans (Gf, Df, Vegan) Pudding Apple Sponge & Custard Berry Cheesecake Chocolate Chip Sponge Gingerbread Biscuits Cornflake Cake ek Three Menu - Week Commencing 9th May Monday Tuesday Wednesday Thursday Friday Main Meal Chicken Curry (Gf) Spicy Cheese & Pepperoni Wrap Roast Chicken (Gf) Beef with creamy tomato sauce (Gf) Battered Cod Vegetarian Lentil & Vegetable Curry (Gf) Spicy 3 Cheese Wrap Quorn & Vegetable Hot Pot Vegetables in Creamy Tomato sauce (Gf) Halloumi & Vegetable balls Served With Rice (Gf, Df, Vegan) Onion Bhajis (Df, Vegan) Saute Potatoes Baked Beans (All Gf, Df, Vegan) Roast Potatoes Mixed Vegetables & Gravy Pasta (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Chips Peas (Gf, Df, Vegan) Pasta (Df, Vegan) Carrot & Banana Red Velvet Cookie	Main Meal		Chicken		& sweetcorn Sauce	Ham & Mushroom Pizza
Served With Peas (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Peas (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Peas (All Gf, Df, Vegan) Reas (Gf, Df, Vegan) Rea	Vegetarian	Bolognese	Quorn	Quorn Sausages		Cheese & Tomato Pizza
Pudding Custard Berry Criecsecake Sponge Biscuits Commercial Sponge Berry Crieds Carry Friday Friday Friday Friday Friday Friday Friday Beef with creamy tomato sauce (Gf) Vegetarian Chicken Curry (Gf) Spicy 3 Cheese Wrap Curry (Gf) Vegetable In Creamy Tomato sauce (Gf) Foreamy Tomato sauce (Gf) Foreamy Tomato sauce (Gf) Septiable Spic Spic Spic Spic Spic Spic Spic Spic	Served With	(Df, Vegan) Peas	(Df, Vegan) Sweetcorn	Gravy Carrots & Peas	Peas	Baked Beans
Monday Tuesday Wednesday Thursday Friday Main Meal Chicken Curry (Gf) Vegetarian Chicken Curry (Gf) Spicy Cheese & Pepperoni Wrap Spicy Cheese & Pepperoni Wrap Roast Chicken (Gf) Vegetables in Creamy Tomato Sauce (Gf) Halloumi & Vegetable Hot Pot Served With Rice (Gf, Df, Vegan) Onion Bhajis (Df, Vegan) Onion Bhajis (Df, Vegan) Jam sponge & Eton Mess Eton Mess Fruit Salad Carrot & Banana Red Velvet Cookie	Pudding		Berry Cheesecake	-		Cornflake Cake
Main Meal Chicken Curry (Gf) Spicy Cheese & Pepperoni Wrap Roast Chicken (Gf) Beef with creamy tomato sauce (Gf) Battered Cod Vegetarian Lentil & Vegetable Curry (Gf) Spicy 3 Cheese Wrap Quorn & Vegetable Hot Pot Vegetables in Creamy Tomato sauce (Gf) Halloumi & Vegetable balls Served With Rice (Gf, Df, Vegan) Onion Bhajis (Df, Vegan) Saute Potatoes Baked Beans (All Gf, Df, Vegan) Roast Potatoes Mixed Vegetables & Gravy (All Gf, Df, Vegan) Pasta (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Chips Peas (Gf, Df, Vegan) Pudding Jam sponge & Eton Mess Eton Mess Fruit Salad Carrot & Banana Red Velvet Cookie	ek Three Menu	Week Commencing	9th May			
Main Meal Chicken Curry (Gf) Pepperoni Wrap Roast Chicken (Gf) tomato sauce (Gf) Battered Cod Vegetarian Lentil & Vegetable Curry (Gf) Spicy 3 Cheese Wrap Quorn & Vegetable Hot Pot Vegetables in Creamy Tomato sauce (Gf) Halloumi & Vegetable balls Served With Rice (Gf, Df, Vegan) Onion Bhajis (Df, Vegan) Saute Potatoes Baked Beans (All Gf, Df, Vegan) Roast Potatoes Mixed Vegetables & Gravy (All Gf, Df, Vegan) Peas (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Pudding Jam sponge & Eton Mess Eton Mess Fruit Salad Carrot & Banana Red Velvet Cookie		Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Curry (Gf) Spicy 3 Cheese Wrap Quom & Vegetable Hot Pot Creamy Tomato sauce (Gf) Halloum & Vegetable balls Served With Rice (Gf, Df, Vegan) Onion Bhajis (Df, Vegan) Saute Potatoes Baked Beans (All Gf, Df, Vegan) Roast Potatoes Mixed Vegetables & Gravy (All Gf, Df, Vegan) Pasta (Df, Vegan) Peas (Gf, Df, Vegan) Pasta (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Pasta (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Sweetcorn (Gf, Df, Vegan) Red Velvet Cookie	Main Meal		Pepperoni		tomato sauce	Battered Cod
Served With Onion Bhajis (Df, Vegan) Onion Bhajis (Df, Vegan) Jam sponge & Eton Mess Saute Potatoes Baked Beans (All Gf, Df, Vegan) Mixed Vegetables & (Df, Vegan) Gravy (All Gf, Df, Vegan) Mixed Vegetables & (Df, Vegan) Sweetcorn (Gf, Df, Vegan) Carrot & Banana Red Velvet Cookie	Vegetarian	Curry			Creamy Tomato	
Plinding 1 5 1 = to	Served With	(Gf, Df, Vegan) Onion Bhajis	Baked Beans	Mixed Vegetables & Gravy	(Df, Vegan) Sweetcorn	Peas
	Pudding			Fruit Salad		Red Velvet Cookie

There is a daily alternative of:

Jacket Potato topped with either beans, cheese or tuna. Baguette/Sandwich filled with either cheese, ham or tuna.