



The Iffley Academy School Lunch Menu Term 1

5th September - 20th October 2022

Df - Dairy Free

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

Week One - Week Commencing 5th September, 26th September, 17th October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese	Sweet & Sour Pork (Df)	Roast Chicken Gravy (Gf Df)	Beef Chilli (Gf Df)	Pepperoni Pizza
Vegetarian		Sweet & Sour Vegetables (Df & Vegan)	Roasted Quorn (Df Vegan)	Moroccan Lentils (Gf Df Vegan)	Cheese & Tomato Pizza
Served With	Garlic Bread Sweetcorn (Gf Df Vegan)	Noodles (Df Vegan) Chinese Vegetables (Gf Df Vegan)	Roast Potatoes Carrot & Peas (Gf Df Vegan)	Rice (Df Vegan) Nachos (Gf Df Vegan)	Chips Baked Beans (Gf Df Vegan)
Pudding	Flapjack (Gf Df Vegan)	Fruit Jelly (Gf Df Vegan)	Rice Pudding (Gf) Jam (Gf, Df Vegan)	Cranberry & Oaty Cookie	Chocolate Brownie

Week Two - Week Commencing 12th September, 3rd October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef & Spinach Ragu (Gf Df)	Chicken Pie (Gf Df)	Roast Pork (Gf Df)	Jamaican Chicken (Gf)	Southern Fried Chicken
Vegetarian	Vegetable & Spinach Ragu (Gf Df Vegan)	Vegetable Pie (Df Vegan)	Quorn Sausages	Jamaican Quorn (Gf)	Halloumi & Vegetable Balls
Served With	Pasta (Df Vegan) Peas (Df Vegan)	New Potatoes (Gf Df Vegan) Mixed Vegetables (Gf Df Vegan)	Roast Potatoes & Gravy Carrots & Peas All Gf Df Vegan	Rice & Peas Sweetcorn All Gf Df Vegan	Chips BBQ Beans (Gf Df Vegan)
Pudding	Apple Crumble & Custard (Gf)	Rock Cakes	Bread & Butter Pudding Custard (Gf)	Chocolate Chip Cookies	Shortbread (Df Vegan)

Week Three Menu - Week Commencing 19th September, 10th October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Curry (Gf)	Lamb with a tomato & garlic sauce (Gf Df)	Roast Beef (Gf) Yorkshire Pudding	Pork Sausages (Df)	Battered Cod
Vegetarian	Lentil & Vegetable Curry (Gf)	Tomato & Garlic Quorn (Df)	Vegetable & Barley Bake (Df Vegan)	Plant Base Sausages (Gf Df Vegan)	Battered Quorn
Served With	Rice (Gf Df Vegan) Onion Bhajis (Df Vegan)	Couscous Sweetcorn (Df Vegan)	Roast Potatoes Mixed Vegetables & Gravy All Gf Df Vegan	Mashed Potato (Gf Df Vegan) Peas & Cabbage (Gf Df Vegan)	Chips Peas (Gf Df Vegan)
Pudding	Treacle sponge & Custard (Gf)	Ginger Bread Biscuits	Chocolate Sponge & Chocolate Custard (Gf)	Lemon Cheesecake	Cornflake Biscuits (Df Vegan)

There is a daily alternative of:
Jacket Potato topped with either beans, cheese or tuna. Baguette/Sandwich filled with either cheese, ham or tuna.

We endeavour to cater for allergies and dietary requirements. Each lunch costs £2.60 and includes a pudding. If you think you are entitled to Free School Meals or require any more information please contact Reception on 01865 747606. Our menus may be subject to change.