### Year 9-10-11 TREVOR WHITEHEAD RESTAURANT

1 Ear 3-10-1			
	Fast Food	Training day	
MONDAY 6th Jan	Traditional	Traning Day	
o oa	Vegetarian	Traning Day	
	Dessert	Traning Day	
	Fast Food	Chicken Rogan Josh and Braised Rice G (w), C, Sb, M, Mu	£2.60
TUESDAY 7th Jan	Traditional	Roast Bacon Loin served with Cajun Wedges and Sweetcorn  No Allergens	£2.60
	Vegetarian	Quorn Rogan Josh with Steamed Rice (E, C, Sb, M, Mu)	£2.60
	Dessert	Apple and Raspberry Crumble with Custard (G (w), M, may contain Sb)	£1.10
WEDNESDAY 8th Jan	Fast Food	Fusilli Bolognese and Parmesan Cheese	£2.60
	Traditional	G (w, b), C, Sb, F, M, Mu Sausage and Mash served with Buttered Cabbage and Gravy G (w), C, Sb, M, Sd	£2.60
	Vegetarian	Vegan Sausage and Mash (G (w), C, Sb)	£2.60
	Dessert	Treacle Sponge and Custard (G (w), M, E May Contain Sb)	£1.10
	Fast Food	Battered Chicken Burger in a Burger Bun with Fries and Relish (Without Gluten Available) G (w), C, M, Mu, Sd, may contain S, Sb	£2.60
THURSDAY 9th Jan	Traditional	Vegetable Chilli with Braised Rice C, Sb (without Gluten)	£2.60
	Vegetarian	Southern Style Quorn Burgers (G (w), M, E, Mu, Sd, may contain S)	£2.60
	Dessert	Eton Mess (M, E)	£1.10
FRIDAY 10th Jan	Fast Food	Pasta with a Choice of Two Sauces:- Tomato & Basil or Cheddar Cheese G (w), C, Sb, Sd G (w), C, Sb, M, E	£2.60
	Traditional	Fish Fingers served with New Potatoes and Peas with Tartare Sauce (Without Gluten Available) G (w), F, Mu, M, E	£2.60
	Vegetarian	Dish of the Day see Menu Cards	£2.60
	Dessert	Chocolate Sponge and Chocolate Custard (G (w), E, M May Contain Sb)	£1.10

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, (G: Gluten - (w) wheat, (b) barley, (o) oats, (r) rye), L: Lupin, M: Milk & Milk Containing Products, Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide

## Restaurant - Lighter Options Menu - Years 9, 10 & 11

## 6th - 10th January 2025

A Selection of Freshly Cut Sandwiches on White or Wholemeal Breads from £1.60 to include:

Tuna Mayonnaise
Egg and Cress
Cheddar Cheese and Tomato
Ham
Turkey

A Selection of Freshly Filled Continental Breads e.g. Bagels, Baguettes, Ciabattas from £2.50

#### Hot Baguette - £2.50

Monday	Tuesday	Wednesday	Thursday	Friday
TRAINING DAY	Roast Bacon Loin (Available without Gluten)	Sausage and Onion Gravy (Available without Gluten)	Roast Pork, Apple Sauce and Gravy (Available Without Gluten)	Fish Fingers and Tartare Sauce (Available Without Gluten)
	G (w), Sb,	G (w), C, Sb, M, Sd,	G (w), C, Sb,	G (w), F, M, Mu, Sb, E,
	may contain E, S, M	may contain E, S	may contain E, S, M	may contain S

### **Weekly Specials**

Soup of the Week with a Bread Roll (G (w), Sb may contain E, M)	Winter Vegetable Soup (Vegan)  C, Sb (Available without Gluten)	£1.85
Salad of the Week	Greek Salad  Mu, M, Sd (without Gluten)	£2.20
Jacket Potato	Cheese 'n' Beans M - Cheese only	£2.35
Jacket Potato of the Week	Tuna and Sweetcorn Mayonnaise	£2.35
Vegetarian Dish	Changed Daily. Please ask the Server for Allergen Information.	£2.60
Dessert Changed Daily. Please ask the Server for Allergen Information.		£1.10

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Main Hall Year 7 - 8 Training day Fast Food **Traning Day** Traditional **MONDAY** 6th Jan Vegetarian **Traning Day** Dessert Traning Day Chicken Rogan Josh and Braised Rice Fast Food £2.60 G (w), C, Sb, M, Mu Roast Bacon Loin served with Cajun Wedges and **TUESDAY** Traditional Sweetcorn £2.60 7th Jan No Allergens Vegetarian Quorn Rogan Josh with Steamed Rice (E, C, Sb, M, Mu) £2.60 Apple and Raspberry Crumble with Custard (G (w), M, may Dessert £1.10 contain Sb) Fusilli Bolognese and Parmesan Cheese Fast Food £2.60 G (w, b), C, Sb, F, M, Mu Jacket Potato with Cheese 'n' Beans Traditional £2.60 **WEDNESDAY** M - cheese only 8th Jan Vegetarian Vegan Sausage and Mash (G (w), C, Sb) £2.60 Dessert Treacle Sponge and Custard (G (w), M, E May Contain Sb) £1.10 Battered Chicken Burger in a Burger Bun with Fries Fast Food and Relish (Without Gluten Available) £2.60 G (w), C, M, Mu, Sd, may contain S, Sb Vegetable Chilli with Braised Rice Traditional £2.60 **THURSDAY** C, Sb (without Gluten) 9th Jan Southern Style Quorn Burgers (G (w), M, E, Mu, Sd, may Vegetarian £2.60 contain S) Fresh Fruit or a Yogurt Dessert Allergens with be displayed No Allergens Pasta with a Choice of Two Sauces:-Fast Food Tomato & Basil Cheddar Cheese £2.60 or G (w), C, Sb, M, E G (w), C, Sb, Sd Fish Fingers served with New Potatoes and Peas with **FRIDAY** Traditional Tartare Sauce (Without Gluten Available) £2.60 G (w), F, Mu, M, E 10th Jan Vegetarian Dish of the Day see Menu Cards £2.60 Chocolate Sponge and Chocolate Custard (G (w), E, M May Dessert £1.10 Contain Sb)

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# **DELI BAR MENU**

### 6th - 10th January 2025

### Hot Roast Baguette - £2.40

Monday	Tuesday	Wednesday	Thursday	Friday
TRAINING DAY	Roast Bacon Loin (Available without Gluten)	Sausage and Onion Gravy (Available without Gluten)	Roast Pork, Apple Sauce and Gravy (Available Without Gluten)	Fish Fingers and Tartare Sauce (Available Without Gluten)
	G (w), Sb,	G (w), C, Sb, M, Sd,	G (w), C, Sb,	G (w), F, M, Mu, Sb, E,
	may contain E, S, M	may contain E, S	may contain E, S, M	may contain S

### **Weekly Specials**

Wrap of the Week G (w)	A Selection of Freshly made Wraps  Please See Packaging for Allergens	£2.50	
Soup of the Week with a Bread Roll (G (w), Sb,	Winter Vegetable Soup (Vegan)	£1.85	
may contain E, M)	C, Sb (Available without Gluten)		
Salad of the Week	Greek Salad	£2.20	
	Mu, M, Sd (without Gluten)		
Jacket Potato	Cheese 'n' Beans	£2.45	
	M - cheese only		
Jacket Potato of the Week	Tuna and Sweetcorn	£2.45	
	F, E		

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### SIXTH FORM - LUNCH MENU

### 6th - 10th January 2025

### **Daily Special Options**

	Training day	
Monday		
	Chicken Rogan Josh and Braised Rice	£2.60
Tuesday	G (w), C, Sb, M, Mu	
	Quorn Rogan Josh with Steamed Rice (E, C, Sb, M, Mu)	£2.60
	Apple and Raspberry Crumble with Custard (G (w), M, may contain Sb)	£1.10
	Fusilli Bolognese and Parmesan Cheese	£2.60
Wednesday	G (w, b), C, Sb, F, M, Mu	
-	Vegan Sausage and Mash (G (w), C, Sb)	£2.60
	Treacle Sponge and Custard (G (w), M, E May Contain Sb)	£1.10
	Battered Chicken Burger in a Burger Bun with Fries and Relish (Without Gluten Available)	£2.60
Thursday	G (w), C, M, Mu, Sd, may contain S, Sb	
-	Southern Style Quorn Burgers (G (w), M, E, Mu, Sd, may contain S)	£2.60
	Eton Mess (M, E)	£1.10
	Dish of the Day	£2.60
Friday	Allergens will be shown	
-	Dish of the Day see Menu Cards	£2.60
	Chocolate Sponge and Chocolate Custard (G (w), E, M May Contain Sb)	£1.10

#### **Weekly Specials**

Jacket Potato	Cheese 'n' Beans  M - cheese only	£2.35
	·	
Jacket Potato	Tuna and Sweetcorn Mayonnaise	£2.35
of the Week	F, E	
Salad of the Week	Greek Salad	£2.20
	Mu, M, Sd (without Gluten)	
Vegetarian Dish	Changed Daily. Please ask the Server for Allergen Information.	£2.60
Soup of the Week with a Bread Roll	Winter Vegetable (Vegan)	£1.85
(G (w), Sb, may contain E, M)	G (w), C, Sb (Available without Gluten)	
Wrap of the Week G (w),	A Selection of Freshly Made Wraps	
may also contain Mu	Please See Packaging For Allergens	

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