

WEEK 1

MONDAY

Minced Steak, Onion and Sweet Potato Puff Pie (G)
Grilled Pork Loin Steak, Gravy
Mediterranean Vegetable & Mozzarella
Crumble (G, D)
Noisette Potatoes, Cauliflower, Carrots
Whole Fresh Fruit, Yoghurt (D) *or* Fruit Jelly

TUESDAY

Butchers Own Pork Sausages (G)
Oven Baked Jacket Potato Filled with Manx
Cheddar, Baked Beans *or* Tuna Mayonnaise
Baked Veggie Sausages (G)
Mashed Potato, Baked Beans, Broccoli
Whole Fresh Fruit, Yoghurt (D)
or The Buchan Manx Butter Shortbread (G, D)

WEDNESDAY

Round the World Wednesday
Soup of the Day
Whole Fresh Fruit, Yoghurt (D)
or Banana Cake with a Honey Drizzle (G, E)

THURSDAY

Roast Turkey Breast, Stuffing (G, E) and Gravy
Oven Baked Cottage Pie (C)
Potato and Vegetable Gratin (D)
Crispy Roast Potatoes, Selection of Seasonal
Vegetables
Whole Fresh Fruit, Yoghurt (D)
or The Buchan's Trifle (G, D, E)

FRIDAY

Our Own Crispy Breaded Cod Taco (F, G, E), Taco
Sauce (E, D)
Sticky Mango Chicken (S)
Loaded Sweet Potato Bake (D)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit, Yoghurt (D)
or Berry Blast Muffin Traybake (G, E)

WEEK 2

MONDAY

Slow Cooked Beef 'n' Bean Chilli (C)
Mild Chicken Curry (D)
Sweet Potato and Chickpea Coconut Curry
Steamed Rice, Broccoli, Sweetcorn
Whole Fresh Fruit, Yoghurt (D)
or Oatie Chocolate Chunk Shortbread (G, D)

TUESDAY

The Buchan Lamb and Vegetable Hotpot (C)
The Buchan Sausage Roll Puff Pie (G)
Squash-age Roll Puff Pie (G, E, D, M)
Sautéed New Potatoes, Carrots, Garden Peas
Whole Fresh Fruit, Yoghurt (D)
or Manx Ice Cream with Fresh Fruit Sauce (D)

WEDNESDAY

Round the World Wednesday
Soup of the Day
Whole Fresh Fruit, Yoghurt (D)
or Carrot Cake with a Fresh Lime Drizzle (G, E)

THURSDAY

Roast loin of Pork, Homemade Bramley Apple Sauce
and Gravy
Garlic and Chive Chicken Breast, Gravy
Cheesy Quiche *or* Quiche of the Day (G, D, E)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit, Yoghurt (D)
or The Buchan Chocolate Fudge Brownie (G, E)

FRIDAY

Our Own Battered Cod Fillet (F, G, D), Homemade
Tartar Sauce (E)
Chicken Fried Rice, Chinese curry sauce (G, S)
Crispy Battered Quorn Sausages (G)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit, Yoghurt (D)
or Bakewell Tart (G, E)

WEEK 3

MONDAY

Slow Cooked Bolognese Sauce (C)
Mac 'n' Cheese Sauce (D)
Vegetable Bolognese Sauce (C)
Pasta (G), Garden Peas, Carrots
Whole Fresh Fruit, Yoghurt (D)
or Oatie Flapjacks (G)

TUESDAY

The Buchan Meatballs Slow Cooked in Onion Gravy
(G, D)
Rangers Chicken Breast (D, F)
Cheesy Bean Bake (D)
Mashed Potato, Fine Beans, Sweetcorn
Whole Fresh Fruit, Yoghurt (D)
or Stove Top Rice Pudding with Fruit Sauce (D)

WEDNESDAY

Round the World Wednesday
Soup of the Day
Whole Fresh Fruit, Yoghurt (D)
or Banoffee Cake (G, E)

THURSDAY

Slow Braised Steak, Yorkshire Pudding (G, D, E)
Toad in the Hole (G, D, E), Gravy
Cheese, Potato and Leek Puff Pie (G, D)
Crispy Roast Potatoes, Selection of Vegetables
Whole Fresh Fruit, Yoghurt (D)
or Fruit Crumble Slice (G)

FRIDAY

Our Own Crispy Breaded Cod Fillet (F, G, E, D),
Homemade Tartar Sauce (E)
Ham & Cheese Omelette (E, D)
Crispy Vegetable Nuggets (G)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit, Yoghurt (D)
or Mars Rice Crispy Bar (E, G, D)

C = Celery, G = Gluten, E = Egg, D = Dairy, F = Fish, S = Soya, M = Mustard

MID-MORNING BREAK

Pre-Prep 10.20am - 10.55am

Prep 10.55am - 11.25am

A selection of fruit & bread
fruit juice, milk & water

LUNCH

12pm - 13.30pm



In the Buchan Kitchen we cook
as much of the food as possible
from scratch



Daily homemade vegan soup



Daily pick & mix salad bar



Fresh steamed vegetables every day



If you don't fancy the pudding
you can always have fresh fruit



*Choices may be subject to change at
short notice.*

Westhill, Castletown,
Isle of Man IM9 1RD
Telephone: 01624 820481

E-mail: todd.bignall@kwc.im
www.kwc.im



THE BUCHAN SCHOOL

LUNCH MENU



Autumn Term 2021