



THE BUCHAN SCHOOL

## LUNCH MENU



SPRING TERM 2023

### 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.*

## WEEK 1

### MONDAY

Our Butchers Sausages (G)  
Chicken Puff Pie (C, G, D)  
Vegan Sausages (G, S)  
Mashed Potato, Baked Beans, Sweetcorn  
Whole Fresh Fruit, Yoghurt (D) *or*  
Fruit Jelly

### TUESDAY

Kung Po Glazed Chicken (E, S, Se)  
Teriyaki Pork (G, S)  
Crispy Vegetable Spring Rolls (G, Se)  
Steamed Fluffy Rice, Stir Fried Vegetables  
Whole Fresh Fruit, Yoghurt (D) *or*  
Manx Ice Cream (D)

### WEDNESDAY

Bolognaise Sauce (C), Mac 'n' Cheese (C, G, D)  
Tomato and Fresh Basil Sauce  
Pasta (G), Sweetcorn & Roast Mediterranean  
Vegetables  
Whole Fresh Fruit, Yoghurt (D) *or*  
Banoffee Cake (G, E)

### THURSDAY

Slow Braised Steak  
Roast Chicken, Gravy  
Cheesy Quiche *or* Quiche of the Day (G, E, D)  
Crispy Roast Potatoes, Seasonal Vegetables  
Whole Fresh Fruit, Yoghurt (D) *or*  
White Chocolate Blondie (G, E, D)

### FRIDAY

Crispy Cod Fish Fingers (F, G), Tartar Sauce (E)  
Grilled Gammon Steak  
Crispy Vegetable Cake (G, M)  
Chipped Potatoes, Garden Peas, Baked Beans  
Whole Fresh Fruit, Yoghurt (D) *or*  
Mars Bar Rice Crispy Cake (G, D, E)

## WEEK 2

### MONDAY

Piri Piri Chicken Breast Fajita (F)  
BBQ Glazed Quorn Fajita (G)  
Tortilla Wrap (G)  
Baked Garlic Potatoes, Sweetcorn, Roast Peppers  
& Onions  
Whole Fresh Fruit, Yoghurt (D) *or*  
Oatie Chocolate Chunk Shortbread (G, D)

### TUESDAY

Chicken tikka (D), Slow Cooked Pepperpot Beef  
Vegetable Pakora Cakes  
Steamed Fluffy Rice, Carrots & Garden Peas  
Whole Fresh Fruit, Yoghurt (D) *or*  
Fruit Crumble Slice (G)

### WEDNESDAY

The Buchan Mixed Grill  
Crispy Hash Browns & Accompanying Vegetables  
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  
Chicken and Potato Bake (D)  
Cheese, Potato & Caramelised Onion Puff Slice  
(G, E, D)  
Crispy Roast Potatoes, Selection of Vegetables  
Whole Fresh Fruit, Yoghurt (D) *or*  
The Buchan Chocolate Fudge Brownie (E, G)

### FRIDAY

Crispy Cod Fish Fingers (F, G), Tartar Sauce (E)  
Minced Steak & Potato Puff Pie (G)  
Crispy Fishless Fingers (G)  
Chipped Potatoes, Garden Peas, Baked Beans  
Whole Fresh Fruit, Yoghurt (D) *or*  
The Buchan's Trifle (G, D, E)

## WEEK 3

### MONDAY

Crispy Katsu Chicken, Curry Sauce (G, E, M)  
Crispy Vegetable Katsu (G)  
Steamed fluffy Rice, Garden Peas & Sweetcorn  
Whole Fresh Fruit, Yoghurt (D) *or*  
Oatie Flapjacks (G)

### TUESDAY

Pork Loin Steak  
Sticky BBQ Chicken Breast (F)  
Vegan Sausages (G, S)  
Mashed Potato, Steamed Carrots & Broccoli  
Whole Fresh Fruit, Yoghurt (D) *or*  
The Buchan Manx Butter Shortbread (G, D)

### WEDNESDAY

The Buchan Homemade Pizza Selection (G, D)  
Baked Jacket Wedges, Baked Beans, Sweetcorn  
Whole Fresh Fruit, Yoghurt (D) *or*  
Banana Cake with a Honey Drizzle (G, E)

### THURSDAY

Roast Turkey Breast and Gravy  
Oven Baked Cottage Pie (C)  
Vegetable Cottage Pie  
Crispy Roast Potatoes, Selection of Seasonal  
Vegetables  
Whole Fresh Fruit, Yoghurt (D) *or*  
Silky Chocolate Mousse (D)

### FRIDAY

Crispy Cod Fish Fingers (F, G), Tartar Sauce (E)  
Sausage Roll Puff Pie (G)  
Crispy Vegetable Nuggets (G, S)  
Chipped Potatoes, Garden Peas, Baked Beans  
Whole Fresh Fruit, Yoghurt (D) *or*  
The Buchan Muffin Traybake (G, E)

C = Celery, G = Gluten, E = Eggs, D = Dairy, F = Fish, M = Mustard, S = Soya, Se = Sesame