



THE BUCHAN SCHOOL

LUNCH MENU

AUTUMN TERM 2023



MID-MORNING BREAK

P1 - 10.00am - 10.20am

P2 & P3 - 10.40am - 11.00am

Prep 10.55am - 11.25am

A selection of fruit and snacks

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.

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WEEK 1

MONDAY

Bolognaise Sauce (C)
Mac 'n' Cheese (G, D)
Tomato and Fresh Basil Sauce
Pasta (G), Sweetcorn, Carrots
Whole Fresh Fruit *or* Yoghurt (D)
or Blackcurrant Jelly

TUESDAY

Crispy Chicken, Tonkatsu Sauce (E, S)
Pulled Pork Spare Ribs (S)
Crispy Vegetable Spring Rolls (G, Se)
Steamed Fluffy Rice, Sweetcorn, Peas
Whole Fresh Fruit *or* Yoghurt (D)
or Zesty Lemon Shortbread (G, D)

WEDNESDAY

Our Butchers Sausages (G)
Chicken Puff Pie (G, D)
Veggie Sausages (G, S)
Mashed Potato, Baked Beans, Sweetcorn
Whole Fresh Fruit *or* Yoghurt (D)
or Blueberry Muffin Tray Cake (G, E)

THURSDAY

Slow Braised Steak
Roast Chicken, Gravy
Cheesy Quiche (G, E, D)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit *or* Yoghurt (D)
or Chocolate Frozen Mousse (D)

FRIDAY

Crispy Cod Fish Fingers (F, G), Tartar Sauce (E)
Grilled Gammon Steak
Crispy Quorn Fillet (G, D, E)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit *or* Yoghurt (D)
or Oatie Flapjack (G)

WEEK 2

MONDAY

Mild Chicken curry (D)
Sweet Chilli Beef (S, SE)
Vegan Mince Jambalaya (G, S, C)
Steamed Fluffy Rice, Steamed Carrots
& Garden Peas
Whole Fresh Fruit *or* Yoghurt (D)
or Strawberry Jelly

TUESDAY

Meatball Traybake (G)
Carbonara Pasta Bake (G, D)
Vegetarian Meatballs in Tomato Sauce (G, S)
Pasta (G) Roast Vegetables, Sweetcorn
Whole Fresh Fruit *or* Yoghurt (D)
or Oatie Chocolate Chunk Shortbread (G, D)

WEDNESDAY

The Buchan Brunch
Crispy Hash Browns & Accompanying Vegetables
Whole Fresh Fruit *or* Yoghurt (D)
or Banana Cake (G, E)

THURSDAY

Roast loin of Pork, Gravy
Chicken and Sweetcorn Puff Pie (G, D)
Baked Frittata of the Day (E, D)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit *or* Yoghurt (D)
or Jazzy Fruit Salad

FRIDAY

Crispy Cod Fish Fingers (F, G), Tartar Sauce (E)
Buchan Sausage Roll Puff Slice (G)
Vegan Sausage Roll (G, S)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit *or* Yoghurt (D)
or Blondie (G, E)

WEEK 3

MONDAY

Crispy Katsu Chicken, Curry Sauce (G, E, M)
Crispy Vegetable Pakora
Steamed Fluffy Rice, Garden Peas & Sweetcorn
Whole Fresh Fruit *or* Yoghurt (D) *or* Orange Jelly

TUESDAY

Pork Loin Steak
Sticky BBQ Chicken Breast(F)
Crispy Vegetable Cake (G)
Teeny Tiny Taters, Steamed Carrots & Broccoli
Whole Fresh Fruit *or* Yogurt (D)*or*
The Buchan Manx Butter Shortbread (G, D)

WEDNESDAY

Slow Cooked Pepperpot Beef
Italian Chicken
Italian Style Veggie Sausages (S, G)
Pasta (G), Sweetcorn, Roast Vegetables
Whole Fresh Fruit *or* Yoghurt (D)
or Carrot Cake (G, E)

THURSDAY

Roast Turkey Breast and Gravy
Cottage Pie
Cheese, Potato & Onion Puff Slice (G, E, D)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit *or* Yoghurt (D)
or Strawberry Frozen Mousse (D)

FRIDAY

Crispy Cod Fish Fingers (F, G), Tartar Sauce (E)
Steak & Potato Pie (G)
Crispy Vegetable Nuggets (G)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit *or* Yoghurt (D)
or Chocolate Fudge Brownie (G, E)

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