



THE BUCHAN SCHOOL

# LUNCH MENU

## SUMMER TERM 2024



### 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

Meatball Traybake (G)  
Mac 'n' Cheese with Bacon (G, D)  
Veggie Sloppy Joe Pasta Bake (G)  
Pasta (G) Roast Vegetables, Sweetcorn  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* Blackcurrant Jelly

### TUESDAY

Crispy Chicken (G, E), Tonkatsu Sauce (S)  
Crispy Vegetable Spring Rolls (G, Se)  
Steamed Fluffy Rice, Sweetcorn, Peas  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* Oatie Shortbread (G)

### WEDNESDAY

Shepherds Pie  
Sticky BBQ Glazed Chicken (F)  
Vegetable Puff Pie (G, D)  
Teeny Tiny Taters, Baked Beans, Sweetcorn  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* Carrot 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

Buchan Crispy Battered Cod (F, G), Tartar Sauce (E)  
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 2

### 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* Strawberry Jelly

### TUESDAY

Mild Chicken curry (D)  
Sweet Chilli Beef (S, SE)  
Vegan Jambalaya (G, C)  
Steamed Fluffy Rice, Carrots & Garden Peas  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* Double Chocolate 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 Buchan Breaded Cod Chunks (F, G, E),  
Tartar Sauce (E)  
Grilled Gammon Steak  
Crispy Vegetable Nuggets (G)  
Chipped Potatoes, Garden Peas, Baked Beans  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* Oatie Flapjack (G)

## WEEK 3

### MONDAY

Slow Cooked Pepperpot Beef  
Mac 'n' Cheese with Chicken (G, D)  
Veggie Bolognaise  
Pasta (G), Sweetcorn, Roast Vegetables  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* Orange Jelly

### TUESDAY

Our Butchers Sausages (G)  
Chicken Puff Pie (G, D)  
Crispy Vegetable cake (G)  
Mashed Potato, Baked Beans & Broccoli  
Whole Fresh Fruit *or* Yoghurt (D)  
*or* The Buchan Manx Butter Shortbread (G, D)

### WEDNESDAY

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

### THURSDAY

Roast Turkey Breast and Gravy  
Buchan Hot Pot  
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

Buchan Crispy Battered Cod (F, G), Tartar Sauce (E)  
BBQ Boneless Pork Rib (F)  
Vegan Sausages (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