



Liverpool College

Lunch Menu — Week 1



Healthy Schools
LIVERPOOL



Monday	Tuesday	Wednesday	Thursday	Friday
Beef Rogan Josh With Spicy Rice	Minced Beef and Vegetable Pie	Roast Gammon & English Mustard	Homemade Sausage Roll	Deep Fried Cod In Batter
Ranch Sausage	Cajun Chicken Wrap & Garden Salad	Pasta Bolognese Garlic Slice	Stir Fried Chicken & Oriental Vegetables	Mexican Chilli in a Taco with Soured Cream
Vegetable Curry With Spicy Rice	Goat's Cheese & Field Mushroom Quiche	Broccoli & Cauliflower au Gratin	Pasta Arabiata with Cheese & Garlic Slice	Five Bean Chilli in a Taco with Soured Cream
Cauliflower Mixed Vegetables	Farmhouse Veg Sweetcorn	Carrot & Swede Buttered Cabbage	Broccoli Baked Beans	Garden Peas Batton Carrots
Creamed Potatoes	New Potatoes	Roasted Potatoes	Parsley Potatoes	Chipped Potatoes
Apple Sponge And Custard	Chocolate Chip Shortbread	Apple & Blackcurrant Crumble	Strawberry Jelly	Chocolate Orange Sponge & Choc Sauce



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Lunch Menu — Week 2



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LIVERPOOL



Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Own Steak and Vegetable Pie	Beef in Blackbean Sauce	Hunter's Chicken	Chef's Own Cheese and Ham Panini	Smoked Haddock and Cheddar Mash Topped Pie
Turkey Meatballs in a tangy Barbecue Sauce	Lasagne Siciliana	Ham, Cheddar and Spring Onion Tart	Chicken Jalfrezi and Pepered Rice	Hot Dog in a Soft Roll
Veggieballs in a Tangy Barbecue Sauce	Roasted Vegetable Lasagne	Macaroni Cheese	Quorn Jalfrezi and Pepered Rice	Veggie Dog In a Soft Roll
Sliced Carrots Mixed Vegetables	Cauliflower Farmhouse Vegetables	Mexican Corn Baked Beans	Sweetcorn Broccoli	Garden Peas Baton Carrots
Creamed Potatoes	New Potatoes	Saute Potatoes	Parsley Potatoes	Chipped Potatoes
Chocolate Fudgecake	Chocolate Bread and butter Pudding	Bakewell Tart and Custard	Chocolate Dipped Shortbread	Chocolate Marble Sponge and Chocolate Sauce



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Lunch Menu — Week 3



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LIVERPOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Meat and Potato Pie Served with red cabbage	Hoi Sin Glazed Pork Chop With Beansprouts and Spring Onion	Prime Roast beef with Horseraddish And Yorkshire Pudding	Cheese and Tuna Melts	Deep fried Cod in Batter
Sweet and Sour Chicken with golden rice	Italian Meatballs and Pasta	Lamb Tikka and Spring Onion Rice	Tandoori Chicken Drumsticks	Steak Pudding
Sweet and Sour Crunchy Oriental Vegetables	Oven Roasted Vegetables and Cous Cous	Cheddar and Spring Onion Slice	Tomato and Basil Quiche	Vegetable Grill and Corn Wheel
Mixed Vegetables Mexican corn	Cauliflower Garden peas	Carrot and Swede Buttered Cabbage	Broccoli Chunky mixed vegetables	Baby Carrots Mushy Peas
Parsley Potatoes	Creamed Potatoes	Garlic & Herb Roasted Potatoes	New Potatoes	Chipped Potatoes
Iced Sponge and Custard	Cherry & Chocolate Flapjack	Fruit Crumble and Custard	Blackcurrant Jelly	Creamy Rice Pudding



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Lunch Menu — Week 4



Healthy Schools
LIVERPOOL



Monday	Tuesday	Wednesday	Thursday	Friday
Moroccan Chicken Tagine and Cous Cous	Chicken Korma With Golden Rice And Naan Bread	Freshly Made Hamburger with Salad & Coleslaw	Cumberland Sausage Ring in rich onion gravy	Cottage Pie Topped with Cheese & Spring Onion Mash
Chef's Own Braised Lamb and Vegetable Pie	Neil's Big Breakfast Quiche	Lancashire Hot Pot With crispy Potatoes	Assorted Homemade Pizza	Fish Goujons with Lemon Mayonnaise
Vegetable Tikka Slice	Stuffed Pepper with salsa Rice	Spicy Bean Burger With Salad & Coleslaw	Cheese & Mushroom Pasta Bake	Vegetable Samosa & Mango Chutney
Sweetcorn Green Beans	Mixed Vegetables Broccoli	Baked Beans Farmhouse Veg	Cauliflower	Garden Peas Sliced Carrots
Craemed Potatoes	Parsley Potatoes	Jacket Wedges	New Potatoes	Chipped Potatoes
Apple Sponge And Custard	Flapjack	Apple & Cherry Pie	Lemon Sponge & Custard	Chocolate Crispy Cake