

**SHIMNA INTEGRATED COLLEGE**

**Canteen Menu 2019-2020**

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| **Week 1 begins:** | **Week 2 begins:** | **Week 3 begins:** |
| **2 September 2019****23 September 2019****14 October 2019****11 November 2019****2 December 2019****6 January 2020****27 January 2020****17 February 2020****9 March 2020****30 March 2020****27 April 2020****18 May 2020****8 June 2020** | **9 September 2019****30 September 2019****21 October 2019****18 November 2019****9 December 2019****13 January 2020****3 February 2020****24 February****16 March 2020****6 April 2020****4 May 2020****25 May 2020****15 June 2020** | **16 September 2019****7 October 2019****4 November 2019****25 November 2019****16 December 2019****20 January 2020****10 February 2020****2 March 2020****23 March 2020****20 April 2020****11 May 2020****1 June 2020****22 June 2020** |

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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Main** **Course** | Cornish Pastie, Potatoes & VegetablesGlutenMilkSoyaNuts (possible trace) | Battered Fish, Potatoes & VegetablesGlutenFishMustard | Boiled Gammon, Potatoes & Vegetables | Stuffed Chicken & Bacon Rolls, Potatoes & VegetablesGlutenMilk | Breaded Fish, Potatoes & VegetablesGlutenFishMustard |
| **Healthy****Option** | Chicken Curry & RiceGlutenMustard | Sweet & Sour Chicken & RiceGluten | Chicken & Broccoli Pasta BakeGlutenMilk | Beef Curry & RiceGlutenMustard  | Pasta BolognaiseGluten |
| **Vegetarian****Option** | Cheesy Salsa WrapGlutenMilk | Cheese & Tomato PizzaGluten Milk | Noodles & Curry SauceGlutenEggsMustard | Garlic PotatoesMilk | Noodles & Stir Fry VegetablesGlutenEggsSoya  |
|  | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten |
|  | Vegetable Soup & Crusty RollCeleryGluten | Vegetable Soup & Crusty RollCeleryGluten | Chicken Soup & Crusty RollGlutenMilk | Chicken Soup & Crusty RollGlutenMilk | Vegetable Soup & Crusty RollCeleryGluten |
|  | HotdogsGluten MustardMilk SoyaSulphur Dioxide | Chips | Chicken BurgerGlutenMilk | Chips | HotdogsGluten MustardMilk SoyaSulphur Dioxide |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Main** **Course** | Pork Chops, Potatoes & Vegetables | Battered Fish, Potatoes & VegetablesGlutenFishMustard | Braised Steak & Onions, Potatoes & VegetablesGluten MustardMilk CeleryEggs Soya | Irish Stew | Breaded Fish, Potatoes & VegetablesGlutenFishMustard |
| **Healthy****Option** | Chicken Curry & RiceGlutenMustard | Chicken Korma & RiceMustard | Chicken & Vegetable Pasta BakeGlutenMilk | Chicken Supreme & RiceGlutenMilk  | Lasagne & Garlic BreadGlutenMilk |
| **Vegetarian****Option** | Mushroom Vol au vents EggsGlutenMilk | Cheesy Salsa WrapGluten Milk | Noodles & Curry SauceGlutenEggsMustard | Cheese & Tomato PizzaGluten Milk | Vegetable Fried Rice & Curry SauceGlutenMustardSoya  |
|  | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten |
|  | Vegetable Soup & Crusty RollCeleryGluten | Vegetable Soup & Crusty RollCeleryGluten | Chicken Soup & Crusty RollGlutenMilk | Chicken Soup & Crusty RollGlutenMilk | Vegetable Soup & Crusty RollCeleryGluten |
|  | HotdogsGluten MustardMilk SoyaSulphur Dioxide | Chips | ¼ lb BurgerGluten | Chips | HotdogsGluten MustardMilk SoyaSulphur Dioxide |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Main** **Course** | Shepherd’s Pie, Potatoes & VegetablesGluten MustardMilk EggSoyaCelery | Battered Fish, Potatoes & VegetablesGlutenFishMustard | Stuffed Bacon Rolls, Potatoes & VegetablesGlutenMilk | Breaded Chicken Fillets, Potatoes & VegetablesGluten MustardMilk EggSoyaCelery | Breaded Fish, Potatoes & VegetablesGlutenFishMustard |
| **Healthy****Option** | Chicken Curry & RiceGlutenMustard | Chicken Tikka & RiceGlutenMilk | Chicken, Tomato & Basil Pasta BakeGluten | Beef Stroganoff & RiceGlutenMustard  | Italian Meatballs & SpaghettiGlutenEgg |
| **Vegetarian****Option** | Vegetable QuicheEggsGlutenMilk | Cheese & Tomato PizzaGluten Milk | Noodles & Curry SauceGlutenEggsMustard | Mushroom Omelette MilkEgg | Vegetable Curry & RiceGlutenMustard  |
|  | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten | Baked Potatoes & BeansGluten |
|  | Vegetable Soup & Crusty RollCeleryGluten | Vegetable Soup & Crusty RollCeleryGluten | Chicken Soup & Crusty RollGlutenMilk | Chicken Soup & Crusty RollGlutenMilk | Vegetable Soup & Crusty RollCeleryGluten |
|  | HotdogsGluten MustardMilk SoyaSulphur Dioxide | Chips | Chicken KebabsCelery | Chips | HotdogsGluten MustardMilk SoyaSulphur Dioxide |

Also available daily:

Break Time

Hot Pancakes

Cheese on toast

Toasted teacakes

Scones

Selection of sandwiches/wraps etc.

Crusty rolls

Fresh fruit

Fruit pots

Yoghurts

Waters & juice

Milk

Toaster for students to use as required for: -

Bread – brown & white

Bagels

Muffins

Lunch Time:

Selection of sandwiches/wraps etc.

Selection of paninis

Crusty rolls

Tubs of cheese, coleslaw & plain chicken

Fresh fruit

Fruit pots

Yoghurts

Cans of still & sparkling water

Cans of Suso flavoured water

Milk

Toaster for students to use as required for: -

Bread – brown & white

Bagels

Muffins