

**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 & Vegetables  Gluten  Milk  Soya  Nuts (possible trace) | Battered Fish, Potatoes & Vegetables  Gluten  Fish  Mustard | Boiled Gammon, Potatoes & Vegetables | Stuffed Chicken & Bacon Rolls, Potatoes & Vegetables  Gluten  Milk | Breaded Fish, Potatoes & Vegetables  Gluten  Fish  Mustard |
| **Healthy**  **Option** | Chicken Curry & Rice  Gluten  Mustard | Sweet & Sour Chicken & Rice  Gluten | Chicken & Broccoli Pasta Bake  Gluten  Milk | Beef Curry & Rice  Gluten  Mustard | Pasta Bolognaise  Gluten |
| **Vegetarian**  **Option** | Cheesy Salsa Wrap  Gluten  Milk | Cheese & Tomato Pizza  Gluten  Milk | Noodles & Curry Sauce  Gluten  Eggs  Mustard | Garlic Potatoes  Milk | Noodles & Stir Fry Vegetables  Gluten  Eggs  Soya |
|  | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten |
|  | Vegetable Soup & Crusty Roll  Celery  Gluten | Vegetable Soup & Crusty Roll  Celery  Gluten | Chicken Soup & Crusty Roll  Gluten  Milk | Chicken Soup & Crusty Roll  Gluten  Milk | Vegetable Soup & Crusty Roll  Celery  Gluten |
|  | Hotdogs  Gluten Mustard  Milk Soya  Sulphur Dioxide | Chips | Chicken Burger  Gluten  Milk | Chips | Hotdogs  Gluten Mustard  Milk Soya  Sulphur Dioxide |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Main**  **Course** | Pork Chops, Potatoes & Vegetables | Battered Fish, Potatoes & Vegetables  Gluten  Fish  Mustard | Braised Steak & Onions, Potatoes & Vegetables  Gluten Mustard  Milk Celery  Eggs Soya | Irish Stew | Breaded Fish, Potatoes & Vegetables  Gluten  Fish  Mustard |
| **Healthy**  **Option** | Chicken Curry & Rice  Gluten  Mustard | Chicken Korma & Rice  Mustard | Chicken & Vegetable Pasta Bake  Gluten  Milk | Chicken Supreme & Rice  Gluten  Milk | Lasagne & Garlic Bread  Gluten  Milk |
| **Vegetarian**  **Option** | Mushroom Vol au vents  Eggs  Gluten  Milk | Cheesy Salsa Wrap  Gluten  Milk | Noodles & Curry Sauce  Gluten  Eggs  Mustard | Cheese & Tomato Pizza  Gluten  Milk | Vegetable Fried Rice & Curry Sauce  Gluten  Mustard  Soya |
|  | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten |
|  | Vegetable Soup & Crusty Roll  Celery  Gluten | Vegetable Soup & Crusty Roll  Celery  Gluten | Chicken Soup & Crusty Roll  Gluten  Milk | Chicken Soup & Crusty Roll  Gluten  Milk | Vegetable Soup & Crusty Roll  Celery  Gluten |
|  | Hotdogs  Gluten Mustard  Milk Soya  Sulphur Dioxide | Chips | ¼ lb Burger  Gluten | Chips | Hotdogs  Gluten Mustard  Milk Soya  Sulphur Dioxide |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Main**  **Course** | Shepherd’s Pie, Potatoes & Vegetables  Gluten Mustard  Milk Egg  Soya  Celery | Battered Fish, Potatoes & Vegetables  Gluten  Fish  Mustard | Stuffed Bacon Rolls, Potatoes & Vegetables  Gluten  Milk | Breaded Chicken Fillets, Potatoes & Vegetables  Gluten Mustard  Milk Egg  Soya  Celery | Breaded Fish, Potatoes & Vegetables  Gluten  Fish  Mustard |
| **Healthy**  **Option** | Chicken Curry & Rice  Gluten  Mustard | Chicken Tikka & Rice  Gluten  Milk | Chicken, Tomato & Basil Pasta Bake  Gluten | Beef Stroganoff & Rice  Gluten  Mustard | Italian Meatballs & Spaghetti  Gluten  Egg |
| **Vegetarian**  **Option** | Vegetable Quiche  Eggs  Gluten  Milk | Cheese & Tomato Pizza  Gluten  Milk | Noodles & Curry Sauce  Gluten  Eggs  Mustard | Mushroom Omelette  Milk  Egg | Vegetable Curry & Rice  Gluten  Mustard |
|  | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten | Baked Potatoes & Beans  Gluten |
|  | Vegetable Soup & Crusty Roll  Celery  Gluten | Vegetable Soup & Crusty Roll  Celery  Gluten | Chicken Soup & Crusty Roll  Gluten  Milk | Chicken Soup & Crusty Roll  Gluten  Milk | Vegetable Soup & Crusty Roll  Celery  Gluten |
|  | Hotdogs  Gluten Mustard  Milk Soya  Sulphur Dioxide | Chips | Chicken Kebabs  Celery | Chips | Hotdogs  Gluten Mustard  Milk Soya  Sulphur 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