

**AKS Lytham**

# MENU

Week 1



## MONDAY

### BUTTERNUT SQUASH RED PEPPER SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CHICKEN WITH BROCOLLI & BLACKBEAN SAUCE

Steamed rice, prawn crackers

### TEMPURA VEGGIES, KATSU CURRY SAUCE (V)

Steamed rice

### FRESH PASTA

Todays fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### TOFFEE APPLE CRUMBLE WITH VANILLA CUSTARD

Daily choice of fresh cut fruits, jelly's & yoghurts

## TUESDAY

### MUSHROOM & TARRAGON SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CRUNCHY SOUTHERN STYLE CHICKEN BURGER

Chips & salad stack

### PORTOBELLO RD SUB (V)

Grilled portobello mushrooms, mozzarella, baby spinach & roast garlic aioli

### NEW POTATOES

smoked garlic & paprika

### FRESH PASTA

Todays fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### COOKIES & VANILLA ICE CREAM

Chocolate syrup

## WEDNESDAY

### CREAMY VEGETABLE SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### HONEY ROAST GAMMON

Yorkshire pudding, roast potatoes, sliced carrots, green beans & gravy

### CHEESE, ONION & POTATO PIE (V)

Roast potatoes, sliced carrots, green beans & gravy

### FRESH PASTA

Todays fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### NUT FREE GRANOLA BAR

Daily choice of fresh cut fruits, jelly's & yoghurts

## THURSDAY

### MEXICAN CHIPOTLE BEAN SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### BAKED PENNE AL FORNO

Crunchy redslaw, house focaccia, baked root vegetables

### MUSHROOM & SPINACH CHEESY GNOCCHI (V)

Crunchy redslaw, house focaccia, baked root vegetables

### FRESH PASTA

Todays fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### CHOCOLATE SPONGE & CHOCOLATE CUSTARD

Daily choice of fresh cut fruits, jelly's & yoghurts

## FRIDAY

### TOMATO SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### AKS CHICKEN GOUJONS OR MAC & CHEESE BITES

Fries, garlic mayo, ketchup salad stack & baked beans

### MISO GLAZED COD FILLET

Soy & honey, pak choi, toasted garlic & chilli flakes

### BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS

Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce

### FRESH PASTA

Todays fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### SCHOOL CAKE SLICE

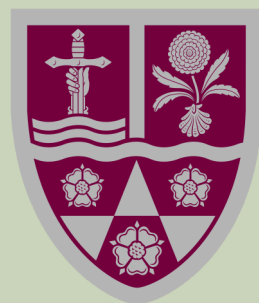
Daily choice of fresh cut fruits, jelly's & yoghurts

### SALAD BAR

Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments

### DELI SANDWICH BAR

Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps



**AKS Lytham**

# MENU

Week 2



## MONDAY

### LEEK & POTATO SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CHICKEN BREAST & RED PEPPER FAJITA

Nachos, chipotle & lime salsa, sliced chilli, guacamole, salsa & steamed rice

### BLACK BEAN & VEGETABLE FAJITA (V)

Nachos, chipotle & lime salsa, sliced chilli, guacamole, salsa & steamed rice

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### PEAR & CHOCOLATE CRUMBLE WITH VANILLA CUSTARD

Daily choice of fresh cut fruits, jelly's & yoghurts

## TUESDAY

### MINISTRONE SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### BEEF BURGER ON FLOURED BUN (OPTIONAL CHEESE)

OR

### VEGE BURGER ON FLOURED BUN WITH VEGAN MAYO (V)

Salad stack, red slaw, southern style wedges ketchup, garlic mayo & barbecue sauce

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### LEMON DRIZZLE CAKE

Daily choice of fresh cut fruits, jelly's & yoghurts

## WEDNESDAY

### SUPER FOOD GREENS & GINGER SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### ROAST BREAST OF TURKEY WITH SAGE & ONION STUFFING

Yorkshire pudding, roast potatoes, carrot & swede fresh cabbage & gravy

### ROAST SWEET POTATO & PULSE LOAF, STICKY KETCHUP GLAZE (V)

Yorkshire pudding, roast potatoes, carrot & swede fresh cabbage & gravy

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### CHOCOLATE BROWNIE

Daily choice of fresh cut fruits, jelly's & yoghurts

## THURSDAY

### TOMATO, COURGETTE & PESTO SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CHICKEN TIKKA MASALA

Mini naan, basmati rice, mango chutney, raita & bhaji

### SWEET POTATO, CAULIFLOWER & CHICKPEA TIKKA MASALA (V)

Mini naan, basmati rice, mango chutney, raita & bhaji

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### ICED JAM DOUGHNUT

Daily choice of fresh cut fruits, jelly's & yoghurts

## FRIDAY

### SWEETCORN SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CHEDDAR & HAM PANINI

Fries, salad stack & garlic mayo

### THREE CHEESE PANINI

Fries, salad stack & garlic mayo

### STEAMED FISH FILLET WITH HOLLANDAISE

New potatoes & steamed spinach

### BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS

Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### DOUBLE CHOCOLATE COOKIE

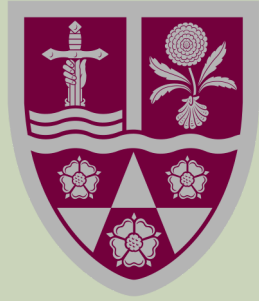
Daily choice of fresh cut fruits, jelly's & yoghurts

### SALAD BAR

Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments

### DELI SANDWICH BAR

Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps



**AKS Lytham**

# MENU

Week 3



## MONDAY

### GREEK LENTIL SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### ITALIAN MEATBALLS OR VEGE ALTERNATIVE (V) IN A PLUM TOMATO & BASIL SAUCE

Gratin potatoes  
cheesy garlic bread toasted broccoli

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### RICE CRISPY SLICE

Daily choice of fresh cut fruits, jelly's & yoghurts

## TUESDAY

### BARLEY & VEGETABLE SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### SLOW COOKED PULLED BBQ PORK TACO OR PULLED BBQ JACK FRUIT TACO (V)

Mexican rice, pico de gallo salsa, sour cream

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### CHOCOLATE CHIP MUFFIN

Daily choice of fresh cut fruits, jelly's & yoghurts

## WEDNESDAY

### BROCCOLI & STILTON SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### MEAT & POTATO PIE

Mash or Lyonnaise potatoes with mushy peas or baked beans, buttered bread slice & gravy

### BUTTER PIE (V)

Mash or Lyonnaise potatoes with mushy peas or baked beans, buttered bread slice & gravy

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### DELIAS SHORTBREAD

Daily choice of fresh cut fruits, jelly's & yoghurts

## THURSDAY

### FRENCH ONION SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CLASSIC CHEDDAR MAC & CHEESE (V) WITH OR WITHOUT FIRECRACKER CHICKEN

Sweetcorn, jerk veggies, spiced sweet potato wedges

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BAKED POTATOES

Plain or spiced jacket potatoes with baked beans, cheese & choice of salads

### TREACLE SPONGE & CUSTARD

Daily choice of fresh cut fruits, jelly's & yoghurts

## FRIDAY

### TOM YAM SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### STONEBAKED PEPPERONI PIZZA OR STONEBAKED MARGERITA PIZZA

Chips & mixed salad

### MOULES MARINIER

frites

### BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS

Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce

### FRESH PASTA

Today's fresh pasta with a daily changing sauce and fresh focaccia bread, add a side salad from the bar

### BANOFFEE PIE

Daily choice of fresh cut fruits, jelly's & yoghurts

### SALAD BAR

Daily changing choice of mixed salads & cut vegetables with choice of dressings & accompaniments

### DELI SANDWICH BAR

Selection of sandwiches on various breads with choice of meat, fish & vegetarian fillings served with a bag of crisps