

**AKS Lytham**

# MENU

Week 1



## MONDAY

### TUSCAN BEAN SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### KATSU CHICKEN BREAST

Sticky rice, Asian greens, prawn crackers

### TERIYAKI MUSHROOM & RED PEPPER BAO BUNS

Toasted broccoli, mangetout & sweet chilli salad

### FRESH PASTA OF THE DAY

Napoli sauce  
Cheesy pesto sauce  
Focaccia  
Side salad

### BAKED POTATOES

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

### TOFFEE APPLE CRUMBLE WITH VANILLA CUSTARD

Apple, maple syrup & sultana yoghurt  
vegan strawberry jelly  
Fresh pineapple pot

## TUESDAY

### MUSHROOM & TARRAGON SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### BEECHWOOD SMOKED FRANKFURTER HOT DOG OR VEGAN HOT DOG

Slow cooked onions, house slaw, American mustard, ketchup

### SEA SALT BAKED NEW POTATOES (V)

Sour cream & chives

### TOASTED CORN

### FRESH PASTA OF THE DAY

Napoli sauce  
Arrabiatta sauce  
Focaccia  
Side salad

### BAKED POTATOES

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

### COOKIES & VANILLA ICE CREAM

Summer berry fruit yoghurt  
Vegan orange jelly  
Mixed grape pot

## WEDNESDAY

### CREAMY VEGETABLE SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### HONEY ROAST GAMMON

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

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

Roast potatoes, glazed carrots, green beans & gravy

### FRESH PASTA OF THE DAY

Napoli sauce  
Puttanesca  
Focaccia  
Side salad

### BAKED POTATOES

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

### CHERRY FLAPJACK

Strawberry yoghurt  
Vegan raspberry jelly  
Mixed melon pot

## THURSDAY

### MEXICAN CHIPOTLE BEAN SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### BEEF LASAGNE

Crunchy redslaw, house focaccia, baked root vegetables

### MUSHROOM & SPINACH CHEESY GNOCCHI (V)

Crunchy redslaw, house focaccia, baked root vegetables

### FRESH PASTA OF THE DAY

Napoli sauce  
Carbonara sauce  
Focaccia  
Side salad

### BAKED POTATOES

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

### ROCKY ROAD

Milk jelly  
Yoghurt & honey pot  
Mixed berry pot

## 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

### SALMON ALFREDO

Fresh pasta, grilled flaked salmon & a creamy dill sauce

### BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS

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

### BAKED POTATOES

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

### BEETON MESS

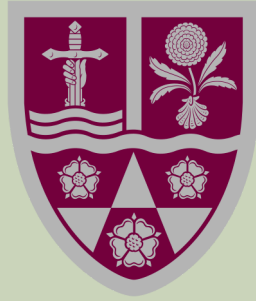
Mixed jellies  
Fruit salad  
Mixed yoghurts

### 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

**PEPPERONI PIZZA MELT OR ROAST RED PEPPER, SPINACH & MOZZARELLA MELT**  
Roast root veggies, aioli mixed salad

**GRILLED CHICKEN CAESAR SALAD**

**FRESH PASTA OF THE DAY**  
Napoli sauce  
Cheesy pesto sauce  
Foccacia  
Side salad

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

**PEAR & CHOCOLATE CRUMBLE WITH VANILLA CUSTARD**  
Apple, maple syrup & sultana yoghurt  
vegan strawberry jelly  
Fresh pineapple pot

## TUESDAY

**MINISTRONE SOUP**  
Homemade bread, toasted seeds, crispy onions & croutons

**SLOW COOKED BBQ PORK OR BBQ PULLED JACKFRUIT WITH MAC & CHEESE**  
Courgette parmigianna  
Sweet potato wedges  
Foccacia  
Mixed salad

**FRESH PASTA OF THE DAY**  
Napoli sauce  
Arrabiatta sauce  
Foccacia  
Side salad

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

**BLUEBERRY CAKE**  
Summer berry fruit yoghurt  
Vegan orange jelly  
Mixed grape pot

## WEDNESDAY

**SUPER FOOD GREENS & GINGER SOUP**  
Homemade bread, toasted seeds, crispy onions & croutons

**CUMBERLAND SAUSAGES**  
Yorkshire pudding, creamy mash  
crispy onions, fresh peas, broccoli & gravy

**VEGE SAUSAGES (V)**  
Yorkshire pudding, creamy mash  
crispy onions, fresh peas, broccoli & gravy

**FRESH PASTA OF THE DAY**  
Napoli sauce  
Puttanesca  
Foccacia  
Side salad

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

**CHOCOLATE CRUNCHY MOUSSE**  
Strawberry yoghurt  
Vegan raspberry jelly  
Mixed melon pot

## THURSDAY

**TOMATO, COURGETTE & PESTO SOUP**  
Homemade bread, toasted seeds, crispy onions & croutons

**CHICKEN TIKKA MASALA**  
Mini naan, basmati rice, mango chutney, raita & bhaji

**BANG BANG CAULIFLOWER (V)**  
Mini naan, basmati rice, mango chutney, raita & bhaji

**FRESH PASTA OF THE DAY**  
Napoli sauce  
Carbonara sauce  
Foccacia  
Side salad

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

**ICED JAM DOUGHNUT**  
Milk jelly  
Yoghurt & honey pot  
Mixed berry pot

## FRIDAY

**SWEETCORN SOUP**  
Homemade bread, toasted seeds, crispy onions & croutons

**GRILLED CHICKEN BREAST OR GRILLED MARINATED VEGETABLE SKEWER**  
Fries, fresh peas & mangetout & choice of sauces- garlic butter, peppercorn, curry or gravy

**BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS**  
Chips, tartare sauce, mushy peas, baked beans. gravy & curry sauce

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

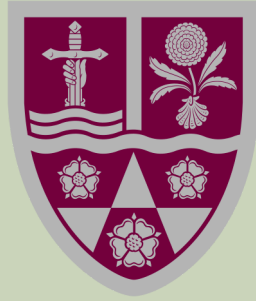
**DOUBLE CHOCOLATE COOKIE**  
Mixed jellies  
Fruit salad  
Mixed yoghurts

### 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

### SWEET POTATO, LENTIL & COCONUT SOUP

Homemade bread, toasted seeds, crispy onions & croutons

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

Penne pasta  
Cheesy foccacia tomato brushetta  
toasted garlic olive oil broccoli

### FRESH PASTA OF THE DAY

Napoli sauce  
Cheesy pesto sauce  
Foccacia  
Side salad

### BAKED POTATOES

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

### CHOCOLATE RICE CRISPY CAKE

Apple, maple syrup & sultana yoghurt  
vegan strawberry jelly  
Fresh pineapple pot

## TUESDAY

### BARLEY & VEGETABLE SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### CHICKEN GYRO PITTA OR FETA & SPINACH SPANAKOPITA (V)

Shredded red cabbage  
Oregano tomatoes  
Tzatziki  
Garlic & lemon roast potatoes

### FRESH PASTA OF THE DAY

Napoli sauce  
Arrabiatta sauce  
Foccacia  
Side salad

### BAKED POTATOES

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

### CHOCOLATE CHIP MUFFIN

Summer berry fruit yoghurt  
Vegan orange jelly  
Mixed grape pot

## 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 OF THE DAY

Napoli sauce  
Puttanesca  
Foccacia  
Side salad

### BAKED POTATOES

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

### DELIAS SHORTBREAD

Strawberry yoghurt  
Vegan raspberry jelly  
Mixed melon pot

## THURSDAY

### BUTTERNUT SQUASH & SAGE SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### TERIYAKI PORK NOODLE STIR FRY

TERIYAKI QUORN NOODLE STIR FRY (V)  
spicy mayo glazed veggie rolls  
Warm green bean, edamame & baked butternut squash salad

### FRESH PASTA OF THE DAY

Napoli sauce  
Carbonara sauce  
Foccacia  
Side salad

### BAKED POTATOES

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

### TREACLE SPONGE & CUSTARD

Milk jelly  
Yoghurt & honey pot  
Mixed berry pot

## FRIDAY

### PEA & WATERCRESS SOUP

Homemade bread, toasted seeds, crispy onions & croutons

### PIRI PIRI SPICED CHICKEN WRAP OR

PIRI PIRI SPICED HALLOUMI & GRILLED VEGGIE WRAP (V)  
Smoked chilli mayo  
fries  
Shredded salad  
Caesar dressing

### BATTERED FRESH FISH FILLET OR BREADED FISHFINGERS

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

### BAKED POTATOES

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

### LEMON MERINGUE DESSERT POT

Mixed jellies  
Fruit salad  
Mixed 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