



TIBHS Lunch Menu 2023-24

Week 1	Monday	Tuesday	Wednesday	Thursday
<i>Main Course</i>	Battered Fish	Roast Chicken	Chicken Shawarma	Butter Chicken
	Cheese & onion pie	Macaroni & Cheese	Chef's Special Pizza	Chickpea/Potato Curry
<i>Accompaniments</i>	Herby Potato Cubes	Mash Potato	Chips	Plain Rice
	Baked Beans	Carrot Batons	Baked Beans/Curry Sauce	Green Salad
<i>Dessert</i>	Fruit Yoghurt	Jelly	Cookie	Strawberry Trifle
Week 2	Monday	Tuesday	Wednesday	Thursday
<i>Main Course</i>	Battered Fish	Peri Chicken and Potato Pie	Chicken Grill Burger	Daal Chaawal
	Falafel Pitta	Cheese & Tomato Panini	Vegetable Burger	Chickpea/Potato Curry
<i>Accompaniments</i>	Spicy Potato Wedges	Garlic Bread	Chips	Vegetable Quiche
	Gravy	Mix Salad	Baked Beans/Curry Sauce	Onion & Yoghurt Kachumber
<i>Dessert</i>	Flapjack	Fresh cream cake	Vanilla sponge with custard	Mousse
Week 3	Monday	Tuesday	Wednesday	Thursday
<i>Main Course</i>	Chicken Tikka pasty	Chicken Creamy Pasta	Gourmet Beef Burger	Bombay Biryani
	Vegetable Noodles	Vegetable Pasta	Chefs Special Pizza	Vegetable Stir Fry Rice
<i>Accompaniments</i>	Herby Potato Cubes	Garlic Bread	Chips	Roast Potatoes
	Carrot Batons	Steam Vegetable	Curry Sauce	Raita
<i>Dessert</i>	Belgian Waffle	Raspberry Buns	Chocolate Sponge With Mint Custard	Jelly

Note: An alternative option of cold sandwiches, baguettes and jacket potato will be available daily.