Richmond's

Lunch Menu

Week 1 11:30am - 2:00pm

Myerscough College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & Potato Soup (V, C)	Carrot & Coriander (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V,C)
Main Meat	Cottage Pie	Vegetable Lasagne & Garlic Bread (V)	Grilled Salmon (P)	Hunters Chicken (P)	Battered Fish (P)
Main Veg	Quorn Balls in Tomato Sauce (V, P)	Ratatouille Hot Pot (Vv)	Quorn Cottage Pie (V,P)	Vegetable Tikka Masala, Mini Poppadum & Mango Chutney (V)	Penne Pasta in a Creamy Mushroom & Leek Sauce (V)
Meat Snack	Cajun Chicken Wrap (P)	Hot Dog in a Bun	Cheese & Ham Pizza	Meat Panini	Beef Burger in a Bun
Veg Snack	Cajun Vegetable Wrap (Vv)	Quorn Sausage in a Bun (V)	Cheese & Tomato Pizza (V)	Vegetarian Panini (V)	Vegetable Burger in a Bun (V)
Side dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
Side dish (2)	Pasta (C)/Sweet Potato Wedges (C)	Garlic & Rosemary Roasted New Potatoes (C)	Parsley Buttered New Potatoes (C)	Rice (C)/Boulangere Potatoes (C)	Buttered New Potatoes (C)
Side dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
Jacket Potato	BBQ Sausage/Pasta (C)	Sweet Thai Chilli Veg/Rice (Vv)	Beef Bolognaise/Pasta (C)	Sweet & Sour Chicken/Rice (C)	Chicken Curry/Rice (C)
Vegatable (1)	Peas	Green Beans	Baton Carrots (C)	Peas (C)	Mushy Peas (C)
Vegatable (2)	Sliced Carrots	Sweetcorn	Broccoli	Sweetcorn	Sliced Carrots (C)
Vegatable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
Sauce	Gravy	Gravy	Gravy	Gravy	Gravy/Curry Sauce
Hot Pudding	-	Jam Sponge with Custard	-	Bakewell Tart with Custard	Syrup Sponge with Custard
Cold Pudding	Scone	Chocolate Muffin	Chocolate Chip Cookie	Chocolate Brownie	Fresh Cream & Lemon Curd Swiss Roll

All allergen information available upon request

V = Vegetarian dish Vv= Vegan dish P= Protein Dish C= Carbohydrate Dish

Richmond's

Lunch Menu

Week 2 11:30am - 2:00pm

Myerscough College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil Soup (V)	Lentil Soup (V, C)	Butternut Squash Soup (V)	Carrot & Coriander Soup (V,C)	Broccoli & Cheese Soup (V)
Main Meat	Tandoori Chicken (P)	Grilled Gammon (P)	Hunters Chicken (P)	Steak in Ale with Yorkshire Pudding	Battered Fish (P)
Main Veg	Quorn Balls in Tomato Sauce (V, P)	Macaroni Cheese (V)	Roasted Vegetable Pasta Bake (Vv)	Vegetable Korma, Mini Naan Bread & Mango Chutney (V)	Quorn Mince & Dumplings (V)
Meat Snack	Chicken Burger in a Bun	Steak & Onion in a Bun (P)	Meat Pizza	Sweet Thai Chicken Wrap	Chicken Panini
Veg Snack	Vegetable Nuggets (V)	Falafel Burger in a Bun (Vv)	Vegetarian Pizza (V)	Sweet Thai Vegetable Wrap (Vv)	Cheese & Onion Panini (V)
Side dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
Side dish (2)	Rice (C)/ Buttered New Potatoes (C)	Pasta (C)/Garlic & Rosemary Roast Potatoes	Fondant Potatoes (C)	Rice (C)/Roast Potatoes (C)	Parsley New Potatoes (C)
Side dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
Jacket Potato	Chilli Con Carne/Rice (C)	BBQ Sausage/Pasta (C)	Meatballs in Tomato Sauce/ Pasta (C)	Sweet & Sour Chicken/Rice (C)	Beef Bolognaise/Pasta (C)
Vegatable (1)	Broccoli	Green Beans	Cauliflower	Peas (C)	Mushy Peas (C)
Vegatable (2)	Baton Carrots (C)	Sweetcorn	Baton Carrots (C)	Sliced Carrots (C)	Sweetcorn
Vegatable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
Sauce	Gravy	Gravy	Gravy	Gravy	Gravy/Curry Sauce
Hot Pudding	-	Ginger Sponge with Custard	-	Chocolate Sponge with Chocolate Sauce	Toffee Sponge with Custard
Cold Pudding	Blueberry Muffin	Chocolate Éclair/Cream Horn	Flapjack	Toffee Muffins	Strawberry Gateaux

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Richmond's

Lunch Menu

Week 3 11:30am - 2:00pm

Myerscough College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & Potato Soup (V, C)	Cream of Carrot Soup (V,C)	Tomato and Red Pepper Soup (V)	Roasted Vegetable Soup (V, C)	Cauliflower & Broccoli Soup (V)
Main Meat	Chicken Tikka Masala, Naan & Chutney	Beef Bolognaise	Homemade Chicken & Ham Pie	Beef Stroganoff	Battered Fish (P)
Main Veg	Quorn Balls in Tomato Sauce (V, P)	Sweet & Sour Vegetable (Vv)	Spanish Omelette (V)	Quorn Balls in Tomato Sauce (V, P)	Quorn Mince with Champ (V)
Meat Snack	Hot Dog with Onions in a Bun	Meat Pizza	Hoisin Beef Wrap (P)	Chicken Burger in a Bun	Ham or Pepperoni Panini
Veg Snack	Quorn Sausage with Onions in a Bun (V)	Vegetarian Pizza (V)	Hoisin Vegetable Wrap (Vv)	Vegetable Burger in a Bun (V)	Vegetable Panini (V)
Side dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
Side dish (2)	Garlic Roasted New Potatoes (C)/Rice (C)	Sweet Potato Wedges (C)/Pasta/Rice (C)	Parsley Butter Boiled Potatoes (C)	Buttered New Potatoes/Pasta (C)	Fondant Potatoes (C)
Side dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
Jacket Potato	Sweet Thai Vegetable Chilli (Vv)	BBQ Sausage/Pasta (C)	Beef Bolognaise/Pasta (C)	Sweet & Sour Chicken/ Rice (C)	Chilli Con Carne/Rice (C)
Vegatable (1)	Broccoli	Green Beans	Baton Carrots (C)	Peas (C)	Mushy Peas (C)
Vegatable (2)	Baton Carrots	Sweetcorn	Broccoli	Sweetcorn	Carrots (C)
Vegatable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
Sauce	Gravy	Gravy	Gravy	Gravy	Gravy/Curry Sauce
Hot Pudding	-	Jam Sponge with Custard	-	Bakewell Tart with Custard	Syrup Sponge with Custard
Cold Pudding	Scone	Chocolate Muffin	Chocolate Chip Cookie	Chocolate Brownie	Fresh Cream & Lemon Curd Swiss Roll

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Richmond's

Lunch Menu
Week 4 11:30am - 2:00pm

Myerscough College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & Potato Soup (V, C)	Split Pea Soup (V,C)	Tomato Soup (V)	Cream of Carrot Soup (V)	Cream of Mushroom Soup (V)
Main Meat	Cajun Chicken (P)	Grilled Cumberland Sausage Ring with Tomato & Onion	Chicken & Ham Carbonara	Chilli con Carne with Tortilla Chips & Sour Cream	Battered Fish (P)
Main Veg	Quorn Balls in Tomato Sauce (V, P)	Ratatouille Hot Pot (Vv)	Quorn Mince Chilli (V,P)	Chickpea & Butternut Squash Cobbler (V)	Quorn Sausage Pasta Bake (V,P)
Meat Snack	Minted Lamb Burger in a Bun	Meat Pizza	Fish Finger Barm	Chicken Burger in a Bun	Ham or Pepperoni Panini
Veg Snack	Quorn Sausage with Onions in a Bun (V)	Vegetarian Pizza (V)	Hoisin Vegetable Wrap (Vv)	BBQ Pulled Pork Wrap	Cheese & Pepperoni Panini
Side dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
Side dish (2)	Rice (C)/ Minted New Potatoes (C)	Boulangere Potatoes (C)	Pasta (C)/ Buttered New Potatoes (C)	Rice (C)/Sweet Potato Wedges (C)	Roasted New Potatoes (C)
Side dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
Jacket Potato	Vegetarian Chilli (V)/Rice (C)	Meatballs in Tomato Sauce/ Pasta (C)	Beef Madras/Rice (C)	Sweet & Sour Chicken/Rice (C)	Beef Bolognaise/Pasta (C)
Vegatable (1)	Broccoli	Green Beans	Sliced Carrots (C)	Peas (C)	Mushy Peas (C)
Vegatable (2)	Baton Carrots	Sweetcorn	Broccoli	Sweetcorn	Carrots (C)
Vegatable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
Sauce	Gravy	Gravy	Gravy	Gravy	Gravy/Curry Sauce
Hot Pudding	-	Ginger Sponge with Custard	-	Chocolate Sponge with Chocolate Sauce	Toffee Sponge with Custard
Cold Pudding	Blueberry Muffin	Chocolate Éclair/Cream Horn	Flapjack	Toffee Muffin	Strawberry Gateaux

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