

BREAK MENU Weeks 1 & 2

BEAL HIGH SCHOOL

Autumn Term 2026

Allergen information updated 7 September 2026 (v6)

WEEKS 1 & 2	MAIN DISHES	MAIN DISHES: VEGETARIAN OPTION	SERVED DAILY
MONDAY	Hot Dogs & Onions Allergens: G £1.50 Popcorn Pizza Allergens: G, MK, E, MU, SE, SO, MO £1.50	Spicy Vegetable Samosa Allergens: G £1.50	
TUESDAY	Spicy Chicken, Cheese & Jalapeño Baguette Allergens: G, MK, E, MU, SE, SO, MO £3.00	Toasted Bagel Allergens: G, MK, SE 80p	
WEDNESDAY	Ciabatta Chicken Slice Allergens: G, MK, E, MU, SE, SO, MO £1.50 Chicken Sub Allergens: G, MK, E £1.50	Veggie Pepper Ciabatta Slice Allergens: G, MK, E, MU, SE, SO, N £1.50	Chocolate Croissants Allergens: G, M, E, N, SO £1.50 Yoghurt & Granola Pots Allergens: G, MK £1.50
THURSDAY	Crispy Chicken Wraps with Salad & Dips Allergens: G, MK, E, MU, SE, SO, MO £3.00	Vegan Sausage Roll Allergens: G, SO £1.50	
FRIDAY	Hot BBQ Chicken Panini Allergens: G, MK, SE £3.00 Tuna Melt Panini Allergens: G, MK, F, SE £3.00	Cheese & Red Onion Panini Allergens: G, MK, SE £3.00	

ALLERGENS

CE = Celery
CU = Crustaceans
E = Eggs
F = Fish

G = Cereals containing gluten
L = Lupin
MK = Milk
MO = Molluscs

MU = Mustard
N = Tree nuts
P = Peanuts
SE = Sesame

SO = Soya
SU = Sulphites

Allergens listed are ingredients declared by our kitchen and suppliers (Bidfood, Anchor, Pasta King). Our kitchens handle all 14 allergens, so no dish can be guaranteed free from traces. Recipes can change – if you have an allergy, please ask catering staff before you eat. Published in line with the BMAT Allergy Safety Policy.

LUNCH MENU Week 1

BEAL HIGH SCHOOL

Autumn Term 2026

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WEEK 1	MAIN DISHES	MAIN DISHES: VEGETARIAN OPTION	SERVED DAILY
MONDAY	Creamy Marinara Meatballs, Sweetcorn & Pilaf Rice Allergens: MK, E, G	Vegetarian Meatballs, Sweetcorn & Pilaf Rice Allergens: SO, E, G, MK	Jacket Potato Choose a filling: Pot £2.50 / Plate £3.00 with Coleslaw Allergens: MK, E, MU with Cheese & Beans Allergens: MK with Tuna & Mayo Allergens: F, E, MU Pasta King Allergens: G + today's sauce (see chart) £2.50 / £2.80 with cheese (MK) Mixed Salad / Coleslaw Allergens: MK, E, MU Dessert: Cakes Allergens: E, MK, G 80p Fruit Pots No declared allergens £1.50
TUESDAY	Chicken Burrito, Rosti Bites, Salad & Salsa Allergens: G	Courgette, Falafel, Halloumi & Pepper Burrito, Rosti Bites, Salad & Salsa Allergens: G, MK	
WEDNESDAY	Lasagne & Garlic Bread Allergens: G, E, MK	Spinach & Ricotta Tortellini & Garlic Bread Allergens: SO, G, E, MK, MU	
THURSDAY	Roasted Chipotle Chicken & Vegetable Rice Allergens: G, MK	Quorn Butter Chicken & Spinach, Rice & Naan Allergens: G, MK, E	
FRIDAY	Battered Fish, Chicken Goujons & Chips Allergens: G, E, MK, MU, F	Vegetable Fingers & Chips Allergens: G	
PRICE PER MAIN DISH: POTS £2.50 / PLATES £3.00			

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LUNCH MENU Week 2

BEAL HIGH SCHOOL

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WEEK 2	MAIN DISHES	MAIN DISHES: VEGETARIAN OPTION	SERVED DAILY
MONDAY	Texan Chilli, Rice & Dips Allergens: MK, SO	Vegetarian Chilli, Rice & Dips Allergens: MK, SO	
TUESDAY	Turkish Spicy Chicken & Vegetable Couscous Allergens: G	Aubergine, Chickpea, Harissa & Spinach Couscous with Flatbread Allergens: G	Jacket Potato Choose a filling: Pot £2.50 / Plate £3.00 with Coleslaw Allergens: MK, E, MU with Cheese & Beans Allergens: MK with Tuna & Mayo Allergens: F, E, MU Pasta King Allergens: G + today's sauce (see chart) £2.50 / £2.80 with cheese (MK)
WEDNESDAY	Cheeseburger, Roasted New Potatoes & Salad Allergens: G, E, MK	Vegetable Burger, Roasted New Potatoes & Salad Allergens: G, E, MK	Mixed Salad / Coleslaw Allergens: MK, E, MU Dessert: Cakes Allergens: E, MK, G 80p Fruit Pots No declared allergens £1.50
THURSDAY	Jerk Chicken & Mexican Spiced Tomato Rice No declared allergens	Roasted Vegetable Pesto Pasta & Garlic Bread Allergens: G, MK, E	
FRIDAY	Battered Fish, Chicken Goujons, Chips & Beans Allergens: G, E, MK, MU, F	Vegetable Pie, Chips & Beans Allergens: G, MK, E	
PRICE PER MAIN DISH: POTS £2.50 / PLATES £3.00			

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