LONDON ACADEMY OF EXCELLENCE TOTTENHAM

CANTEEN MENU | FULL MENU

Fresh food • Great choices • Every day

SECTION	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK TIME | SAME EVERY DAY				*Snacks • Pastries • Drinks • Everyday favourites*	
Hot Snacks	• Popcorn Chicken (8 pieces) • Chicken Nuggets (6 pieces) • Pepperoni Pizza Baguette • Vegan Nuggets (6 pieces) • Vegan Hash Brown (2 pieces) • Potato Waffle with Baked Beans & Cheese (1 piece) • Potato Waffle with Baked Beans, Cheese & Pepperoni (1 piece) • Cheese & Tomato Pizza Baguette **NON-HALAL** • Pork Sausage Roll • Chicken Tikka Bake • Steak Bake **VEGAN** • Vegan Sausage Roll	• Popcorn Chicken (8 pieces) • Chicken Nuggets (6 pieces) • Pepperoni Pizza Baguette • Vegan Nuggets (6 pieces) • Vegan Hash Brown (2 pieces) • Potato Waffle with Baked Beans & Cheese (1 piece) • Potato Waffle with Baked Beans, Cheese & Pepperoni (1 piece) • Cheese & Tomato Pizza Baguette **NON-HALAL** • Pork Sausage Roll • Chicken Tikka Bake • Steak Bake **VEGAN** • Vegan Sausage Roll	• Popcorn Chicken (8 pieces) • Chicken Nuggets (6 pieces) • Pepperoni Pizza Baguette • Vegan Nuggets (6 pieces) • Vegan Hash Brown (2 pieces) • Potato Waffle with Baked Beans & Cheese (1 piece) • Potato Waffle with Baked Beans, Cheese & Pepperoni (1 piece) • Cheese & Tomato Pizza Baguette **NON-HALAL** • Pork Sausage Roll • Chicken Tikka Bake • Steak Bake **VEGAN** • Vegan Sausage Roll	• Popcorn Chicken (8 pieces) • Chicken Nuggets (6 pieces) • Pepperoni Pizza Baguette • Vegan Nuggets (6 pieces) • Vegan Hash Brown (2 pieces) • Potato Waffle with Baked Beans & Cheese (1 piece) • Potato Waffle with Baked Beans, Cheese & Pepperoni (1 piece) • Cheese & Tomato Pizza Baguette **NON-HALAL** • Pork Sausage Roll • Chicken Tikka Bake • Steak Bake **VEGAN** • Vegan Sausage Roll	• Popcorn Chicken (8 pieces) • Chicken Nuggets (6 pieces) • Pepperoni Pizza Baguette • Vegan Nuggets (6 pieces) • Vegan Hash Brown (2 pieces) • Potato Waffle with Baked Beans & Cheese (1 piece) • Potato Waffle with Baked Beans, Cheese & Pepperoni (1 piece) • Cheese & Tomato Pizza Baguette **NON-HALAL** • Pork Sausage Roll • Chicken Tikka Bake • Steak Bake **VEGAN** • Vegan Sausage Roll
Pastries, Cookies & Muffins	• Biscoff Croissant • Chocolate Croissant • Vegan Raspberry Croissant • Cinnamon Swirl • Pain au Chocolat • Double Chocolate Cookies • White Chocolate Cookies • Choc Chip Cookies • Double Choc Muffin • White Chocolate Muffin • Choc Chip Muffin	• Biscoff Croissant • Chocolate Croissant • Vegan Raspberry Croissant • Cinnamon Swirl • Pain au Chocolat • Double Chocolate Cookies • White Chocolate Cookies • Choc Chip Cookies • Double Choc Muffin • White Chocolate Muffin • Choc Chip Muffin	• Biscoff Croissant • Chocolate Croissant • Vegan Raspberry Croissant • Cinnamon Swirl • Pain au Chocolat • Double Chocolate Cookies • White Chocolate Cookies • Choc Chip Cookies • Double Choc Muffin • White Chocolate Muffin • Choc Chip Muffin	• Biscoff Croissant • Chocolate Croissant • Vegan Raspberry Croissant • Cinnamon Swirl • Pain au Chocolat • Double Chocolate Cookies • White Chocolate Cookies • Choc Chip Cookies • Double Choc Muffin • White Chocolate Muffin • Choc Chip Muffin	• Biscoff Croissant • Chocolate Croissant • Vegan Raspberry Croissant • Cinnamon Swirl • Pain au Chocolat • Double Chocolate Cookies • White Chocolate Cookies • Choc Chip Cookies • Double Choc Muffin • White Chocolate Muffin • Choc Chip Muffin
HOT COUNTER | WEEKLY REPEATING				*Pizza • Burgers • Hot favourites*	
Daily Hot Counter	• Margherita Pizza Slice • Halal Cheeseburger • Chicken Wings • Mac & Cheese	• Margherita Pizza Slice • Halal Chicken Strips Burger • Chicken Wings • Tomato Pasta Bake	• Margherita Pizza Slice • Halal Cheeseburger • Chicken Wings • Mac & Cheese	• Margherita Pizza Slice • Halal Chicken Strips Burger • Chicken Wings • Tomato Pasta Bake	• Margherita Pizza Slice • Chicken Wings • Macaroni & Cheese
WEEK 1 | HOT MEALS, SOUP, CAKES & SIDES				*Fresh food • Seasonal ingredients • Great choices*	
Hot Meal Meat / Vegetarian / Vegan	• Caribbean-Style Jerk with Rice & Peas **VEGAN** • Mixed Bean & Corn Chilli served with Jacket Potato	• Smoky BBQ Pulled Chicken Burger with Potato Wedges **VEGAN** • Red Lentil Dal served with Basmati Rice	• Halal Chicken Sausages with Mash & Onion Gravy • Cumberland Pork Sausages with Mash & Onion Gravy **VEGAN** • Aloo Matar served with Rice	• Turkish-Style Chicken Kebab with Herbed Bulgur & Cucumber-Mint Tzatziki **VEGAN** • Lentil Shepherd's Pie with Mashed Potato Topping	• Halal Cheeseburger • Halal Chicken Burger **VEGAN** • Vegan Burger All burgers served with Potato Wedges
Soup	• Carrot, Ginger & Coconut Soup	• Moroccan Chickpea & Vegetable Soup	• Creamy Cauliflower, Leek & Potato Soup	• Broccoli, Garden Pea & Mint Soup	• Mediterranean Red Lentil & Tomato Soup
Cakes	• Flapjack	• Lemon Drizzle Cake	• Banana Cake	• Carrot Cake	• Chocolate Cake
Sides Options	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Rice & Peas • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Plain Rice • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Plain Rice • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Herbed Bulgur • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Fresh Salad or Vegetables • Vegetable Samosa

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SECTION	Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Salad or Vegetables Side	• Caribbean Lime & Cabbage Slaw (White & Red Cabbage, Carrot, Red Onion, Lime Vinaigrette — Sweet & Mildly Spicy)	• Indian Kachumber Salad (Cucumber, Tomato, Red Onion, Fresh Coriander & Lemon Juice)	• Roasted Broccoli & Garden Peas	• Turkish Shepherd's Salad (Tomato, Cucumber, Onion, Fresh Parsley & Sweet Balsamic Glaze)	• Traditional Creamy Coleslaw (White Cabbage, Carrot, White Onion, Mayonnaise, White Wine Vinegar & Dijon Mustard)
WEEK 2 | HOT MEALS, SOUP, CAKES & SIDES					*Fresh food • Seasonal ingredients • Great choices*
Hot Meal Meat / Vegetarian / Vegan	• West African Jollof Rice with Succulent Chicken **VEGAN** • Mixed Bean & Corn Chilli served with Jacket Potato	• Chicken Shawarma Wrap served with Fries **VEGAN** • Red Lentil Dal served with Basmati Rice	• Creamy Mild Chicken Korma served with Basmati Rice **VEGAN** • Aloo Matar served with Rice	• Halal Lasagne served with a Slice of Garlic Bread **VEGAN** • Lentil Shepherd's Pie with Mashed Potato Topping	• Halal Cheeseburger • Halal Chicken Burger **VEGAN** • Vegan Burger All burgers served with Potato Wedges
Soup	• Roasted Butternut Squash & Carrot Soup	• Roasted Red Pepper & Sweet Potato Soup	• Sweetcorn & Potato Chowder	• Creamy Parsnip & Apple Soup	• Roasted Tomato & Basil Soup
Cakes	• Flapjack	• Lemon Drizzle Cake	• Banana Cake	• Carrot Cake	• Chocolate Cake
Sides Options	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Jollof Rice • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Plain Rice • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Plain Rice • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Fresh Salad or Vegetables • Vegetable Samosa	• Potato Wedges or Chips or Fries (One portion, subject to availability) • Fresh Salad or Vegetables • Vegetable Samosa
Fresh Salad or Vegetables Side	• Smoky Roasted Vegetables (Peppers, Carrots, Red Onion & Mild Paprika)	• Lemon & Parsley Salad (Cucumber, Tomato, Red Onion, Fresh Parsley & Lemon Juice)	• Cumin-Roasted Cauliflower & Carrots (Mild Cumin, Turmeric & Lemon)	• Herby Garden Salad (Mixed Leaves, Cucumber, Tomatoes & Sweet Balsamic Dressing)	• Traditional Creamy Coleslaw (White Cabbage, Carrot, White Onion, Mayonnaise, White Wine Vinegar & Dijon Mustard)
DAILY ITEMS | SAME EVERY DAY					*Fresh sandwiches • Made daily • Great choice*
Sandwiches Refrigerated Display	• Chicken Mayo & Sweetcorn • Tuna Mayo & Sweetcorn • Cheese Sandwich • Vegan Cheese & Pickle • Coronation Chicken • Classic Prawn Mayo Sandwich • Egg Mayo	• Chicken Mayo & Sweetcorn • Tuna Mayo & Sweetcorn • Cheese Sandwich • Vegan Cheese & Pickle • Coronation Chicken • Classic Prawn Mayo Sandwich • Egg Mayo	• Chicken Mayo & Sweetcorn • Tuna Mayo & Sweetcorn • Cheese Sandwich • Vegan Cheese & Pickle • Coronation Chicken • Classic Prawn Mayo Sandwich • Egg Mayo	• Chicken Mayo & Sweetcorn • Tuna Mayo & Sweetcorn • Cheese Sandwich • Vegan Cheese & Pickle • Coronation Chicken • Classic Prawn Mayo Sandwich • Egg Mayo	• Chicken Mayo & Sweetcorn • Tuna Mayo & Sweetcorn • Cheese Sandwich • Vegan Cheese & Pickle • Coronation Chicken • Classic Prawn Mayo Sandwich • Egg Mayo
Hot Deli Counter Winter Selection	• Barbecue Chicken Melt Wrap • Pesto Chicken Baguette Melt • Chicken Chimichurri Melt Panini **VEGETARIAN** • Cheese, Tomato & Pesto Melt Panini **NON-HALAL** • Ham & Cheese Baguette Melt	• Barbecue Chicken Melt Wrap • Pesto Chicken Baguette Melt • Tuna, Red Onion & Cheese Melt Panini **VEGETARIAN** • Cheese, Tomato & Pesto Melt Panini **NON-HALAL** • Ham & Cheese Baguette Melt	• Barbecue Chicken Melt Wrap • Pesto Chicken Baguette Melt • Chicken Chimichurri Melt Panini **VEGETARIAN** • Cheese, Tomato & Pesto Melt Panini **NON-HALAL** • Ham & Cheese Baguette Melt	• Barbecue Chicken Melt Wrap • Pesto Chicken Baguette Melt • Tuna, Red Onion & Cheese Melt Panini **VEGETARIAN** • Cheese, Tomato & Pesto Melt Panini **NON-HALAL** • Ham & Cheese Baguette Melt	• Barbecue Chicken Melt Wrap • Pesto Chicken Baguette Melt • Tuna, Red Onion & Cheese Melt Panini **VEGETARIAN** • Cheese, Tomato & Pesto Melt Panini **NON-HALAL** • Ham & Cheese Baguette Melt

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SECTION	Monday	Tuesday	Wednesday	Thursday	Friday
Salad Bar Ambient Display Meat	• Southern Fried Chicken with Pesto Pasta Salad • Southern Fried Chicken Fillets with Couscous Salad (Thousand Island Dressing)	• Southern Fried Chicken with Pesto Pasta Salad • Southern Fried Chicken Fillets with Couscous Salad (Thousand Island Dressing)	• Southern Fried Chicken with Pesto Pasta Salad • Southern Fried Chicken Fillets with Couscous Salad (Thousand Island Dressing)	• Southern Fried Chicken with Pesto Pasta Salad • Southern Fried Chicken Fillets with Couscous Salad (Thousand Island Dressing)	• Southern Fried Chicken with Pesto Pasta Salad • Southern Fried Chicken Fillets with Couscous Salad (Thousand Island Dressing)
Salad Bar Ambient Display Vegetarian	• Pesto Pasta Salad • Couscous Tabbouleh Salad (Thousand Island Dressing)	• Pesto Pasta Salad • Couscous Tabbouleh Salad (Thousand Island Dressing)	• Pesto Pasta Salad • Couscous Tabbouleh Salad (Thousand Island Dressing)	• Pesto Pasta Salad • Couscous Tabbouleh Salad (Thousand Island Dressing)	• Pesto Pasta Salad • Couscous Tabbouleh Salad (Thousand Island Dressing)
Salad Bar Ambient Display Vegan	• Vegan Hummus & Falafel Wrap • Vegan Hummus & Falafel Garden Salad	• Vegan Hummus & Falafel Wrap • Vegan Hummus & Falafel Garden Salad	• Vegan Hummus & Falafel Wrap • Vegan Hummus & Falafel Garden Salad	• Vegan Hummus & Falafel Wrap • Vegan Hummus & Falafel Garden Salad	• Vegan Hummus & Falafel Wrap • Vegan Hummus & Falafel Garden Salad
Salad Bar Ambient Display Gluten Free	**MEAT** • Grilled Chicken with Gluten-Free Pesto Pasta Salad • Grilled Chicken & Mixed Bean Salad (Thousand Island Dressing) **VEGAN** • Mixed Bean Salad • Vegan Hummus & Falafel Garden Salad	**MEAT** • Grilled Chicken with Gluten-Free Pesto Pasta Salad • Grilled Chicken & Mixed Bean Salad (Thousand Island Dressing) **VEGAN** • Mixed Bean Salad • Vegan Hummus & Falafel Garden Salad	**MEAT** • Grilled Chicken with Gluten-Free Pesto Pasta Salad • Grilled Chicken & Mixed Bean Salad (Thousand Island Dressing) **VEGAN** • Mixed Bean Salad • Vegan Hummus & Falafel Garden Salad	**MEAT** • Grilled Chicken with Gluten-Free Pesto Pasta Salad • Grilled Chicken & Mixed Bean Salad (Thousand Island Dressing) **VEGAN** • Mixed Bean Salad • Vegan Hummus & Falafel Garden Salad	**MEAT** • Grilled Chicken with Gluten-Free Pesto Pasta Salad • Grilled Chicken & Mixed Bean Salad (Thousand Island Dressing) **VEGAN** • Mixed Bean Salad • Vegan Hummus & Falafel Garden Salad