

Lunch Menu

Week 1



w/c: 02/09, 23/09, 14/10, 11/11, 02/12, 16/12, 06/01, 27/01,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Pizza Margherita Served with Homemade Coleslaw, Green Salad and Potato Wedges	Beef Chilli Con Carne Served with Wholegrain Rice and Peas	Roast Chicken Served with Crispy Roasties, Broccoli & Optional Gravy	Tex Mex Chicken Served with Rice, Sweetcorn and Homemade Nachos	Golden Fish Fingers Served with Chips and Baked Beans
Vegetable Butter Bean Jambalaya Served with Green Beans	Sweet Potato Chana Masala Served with Wholegrain Rice and Peas	Sweet Potato & Chickpea Roast Served with Crispy Roasties, Broccoli & Optional Gravy	Cheesy Vegetable and Bean Enchiladas Served with Wholegrain Rice and Sweetcorn	Tarka Dahl Curry Served with Wholegrain Rice and Garden Peas
Penne Pasta with Homemade Tomato Sauce Or Jacket Potato Tuna Mayo	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Cheese	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Cheese	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Baked Beans	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Cheese
Fruit Salad	Jelly & Fruit Slices	Traditional Rice Pudding with Strawberry Jam	Chocolate Cake and Custard	Shortbread Biscuits

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut

Lunch Menu

Week 2



w/c: 09/09, 30/09, 21/10, 18/11, 09/12, 13/01, 03/02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Pizza Margherita Served with Roasted Garlic Broccoli and Potato Wedges	Mexican Chicken Wrap Served with Wholegrain Rice and Broccoli	Roast Chicken Served with Crispy Roasties, Carrots, Peas & Optional Gravy	Chicken Tikka Masala Served with Wholegrain Rice & Broccoli	Golden Fish Fingers Served with Chips & Baked Beans
Baked Tomato and Bean Penne Pasta Served with Coleslaw and Garlic Slice	Macaroni Cheese Served with Broccoli	Vegetable & Bean Cobbler Served with Crispy Roasties, Carrots, Peas & Optional Gravy	Chickpea & Vegetable Curry Served with Wholegrain Rice and Broccoli	Chickpea and Vegetable Samosa Served with Chips & Peas
Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Tuna Mayo Fruit Bowls	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Baked Beans Vanilla Iced Sprinkle Cake	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Cheese Chocolate Beetroot Brownie	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Baked Beans Apple & Blueberry Flapjack	Penne Pasta with Homemade Tomato Sauce Or Jacket Potato with Cheese Oat Cookie

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut

Lunch Menu

Week 3



w/c:16/09, 07/10, 04/11, 25/11, 16/12, 20/01,10/02

MONDAY

Homemade Pizza Baguette

Served with Homemade
Coleslaw and Green Salad

TUESDAY

Pork Sausage

Served with Mashed Potato
and Baked Beans or
Cabbage

WEDNESDAY

Roast Chicken

Served with Crispy Roasties,
Carrots, Sweetcorn and
Optional Gravy



THURSDAY

BBQ Pulled Chicken in Bun

Served with Potato Wedges
and Green Beans

FRIDAY

Golden Fish Fingers (Salmon Or Pollock)

Served With Chips & Garden Peas



Vegetable Bean Chilli

Served with Wholegrain Rice
& Green Beans



Vegetable Sausage

Served with Mashed Potato
and Baked Beans or
Cabbage

Vegetable Topped Pie

Served With Crispy Roasties,
Carrots, Sweetcorn and
Optional Gravy (contains
Lentils)

Mild Thai Green Vegetable Curry

Served with Wholegrain Rice
& Green Beans



Cheese and Onion Pasty

Served with Chips & Baked
Beans



Penne Pasta

with Homemade Tomato
Sauce Or

Jacket Potato

with Tuna Mayo

Penne Pasta

with Homemade Tomato
Sauce Or

Jacket Potato

with Cheese

Penne Pasta

with Homemade Tomato
Sauce Or

Jacket Potato

with Baked Beans

Penne Pasta

with Homemade Tomato
Sauce Or

Jacket Potato

with Cheese

Penne Pasta

with Homemade Tomato
Sauce Or

Jacket Potato

with Baked Beans

Vanilla Ice Cream Cup

Fruit Bowls



Apple Crumble and Custard

Lemon & Courgette Drizzle Cake

Chocolate Cookies

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

**Icon
Key**



Added
plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's
Choice



Extra
Protein Power



Good for
your gut