

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

Homemade Pizza
Margherita
Served with Roasted Garlic Broccoli and Potato Wedges

TUESDAY

Mexican Chicken Wrap
Served with Wholegrain Rice and Broccoli

WEDNESDAY

Roast Chicken
Served with Crispy Roasties, Carrots, Peas & Optional Gravy

THURSDAY

Chicken Tikka Masala
Served with Wholegrain Rice & Broccoli

FRIDAY

Golden Fish Fingers
Served with Chips & Baked Beans


 **Baked Tomato and Bean Gnocchi**
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

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

Penne Pasta
with Homemade Tomato Sauce
Or
Jacket Potato
with Cheese

Fruit Bowls

Vanilla Iced Sprinkle Cake

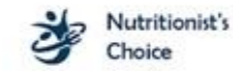
Chocolate Beetroot Brownie

Apple & Blueberry Flapjack

Oat Cookie

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

Icon Key



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

Chicken Burger

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

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Key**

