

Lunch Menu

Week 1



W/C 07/09, 28/09, 19/10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Mexican Chicken Wraps Chicken & Rice		Margherita Pizza Freshly Made Deep Pan Pizza		Roast Chicken Roasted Marinated Chicken Thigh		Swedish Meatballs Chicken & Vegetable Meatballs		Fish Fingers Breaded Pollock Fish Fingers			
 				 				 			
Vegetable Enchiladas Baked wraps		Pizza al Pesto Freshly made deep pan Pizza		Crispy Cheese & Lentil Bake		Vegan Swedish Meatballs Homemade Veggie Meatballs		Vegetable Fingers Crispy Breaded Vegetable Fingers			
 				 		 					
SIDES	Rice & Mixed Salad		Baked Potato Wedges & Coleslaw or Salad		Roasted Potatoes, Carrots & Sweetcorn		Creamy Mash & Green Beans		SIDES	Chips & Baked Beans	
											
PENNE PASTA WITH	Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut free Spinach & Basil Pesto		PENNE PASTA WITH	Homemade Tomato Sauce	
	 		 		 		 			 	
	 < ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >  										
Apple Sponge & Custard		Jelly & Fruit Slices		Carrot & Cinnamon Cookies		Fruit Salad		Chocolate & Vanilla Shortbread			
											
SEASONAL VEGETABLES, 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 14/09, 05/10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Sweet & Sour Pork with Noodles		Margherita Pizza Freshly Made Deep Pan Pizza		Cottage Pie Beef & Lentil Pie		Butter Chicken Curry Mild Creamy Chicken Curry.		Fish Fingers Breaded Pollock Fish Fingers	
Chow Mein Noodles		Veggie Delight Pizza Freshly Made Deep Pan Pizza		Shepherdless Pie Vegetable & Bean Pie		Tikka Eat Curious Mild & Creamy Vegan Curry		Cheese & Onion Quiche Fried Onion & Cheese Tart	
SIDE	S	Green Cabbage		Baked Potato Wedges and Coleslaw or Salad		Garden Mash, Green Cabbage & Garden Peas		Wholegrain Rice & Broccoli	
PENNE PASTA WITH		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto	
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >									
Vanilla Sprinkle Sponge		Watermelon Sticks		Chocolate Crispy Cake		Fruit Bowls		Apple Flapjack	
SEASONAL VEGETABLES, 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 31/08, 21/09, 12/10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Brazilian Coconut Chicken Mild Creamy Coconut Curry		Sausage roll Pork & Herb		Roast Gammon Roasted Gammon Joint		Mac n Cheese Really Cheesy Macaroni Pasta		Fish Fingers Breaded Pollock Fish Fingers (Salmon Or Pollock)	
  		   		 		 		  	
Sweet Potato & Chickpea Balti Lightly Spiced Indian Classic		Homemade Cheese & Tomato Turnover Puff Pastry Slice with Cheddar & Tomatoes		Cheesy Vegetable Bake Butternut Squash & Parsnip		Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice		Pitta Pockets Roasted Vegetables & Cheesy Pockets	
    		 		 		   		 	
SIDES Wholegrain Rice & Sweetcorn		Wedges & Baked Beans		Roasted Potatoes, Broccoli & Gravy		Green Beans		SIDES Chips & Baked Beans	
									
PENNE PASTA WITH Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce	
   		 		   		 		   	
		< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >						   	
Jammy Crumble Slice		Fruit Bowls		Vanilla Ice Cream Cup		Jelly & Fruit Slices		Rainbow Shortbreads	
		  				  			
SEASONAL VEGETABLES, 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