

Lunch Menu

Week 1



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

	MONDAY Chicken Wraps Chicken & Rice 	TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza	WEDNESDAY Roast Gammon Roasted Gammon Joint 	THURSDAY Sausage & Mash	FRIDAY Fish Fingers Breaded Pollock Fish Fingers 		
SIDES	Vegetable Wraps Cheesy baked wraps 	Pesto Pizza Freshly made deep pan Pizza	Crispy Cheese & Lentil Bake 	Vegetable Sausage & Mash 	Vegetable Fingers Crispy Breaded Vegetable Fingers		
	Rice & Mixed Salad	Baked Potato Wedges & Coleslaw or Salad	Roasted Potatoes, Carrots & Sweetcorn	Creamy Mash & Green Beans	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 ----- > 					
	Apple Sponge & Custard 	Jelly & Fruit Slices 	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 Pork with Noodles		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh		THURSDAY Homemade Sausage Roll		FRIDAY Fish Fingers Breaded Pollock Fish Fingers		
Chow Mein Noodles		Veggie Delight Pizza Freshly Made Deep Pan Pizza		Vegetarian Pie Vegetable & Bean Pie		Cheese & Onion Roll		Veggie Nuggets		
SIDES	Sweetcorn		Baked Potato Wedges and Coleslaw or Salad		Roast Potatoes, Green Cabbage & Garden Peas		Garden Mash & Broccoli		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 ----- >										
Vanilla Sprinkle Sponge		Watermelon Sticks		Chocolate Crispy Cake		Fruit Bowls		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 Chicken Curry		TUESDAY Beef burger Beef & Bean Burgers in a Roll		WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh		THURSDAY Mac n Cheese Really Cheesy Macaroni Pasta		FRIDAY Fish Fingers Breaded Pollock Fish Fingers	
 		  						 	
Vegetable Curry		Homemade Cheese & Tomato Turnover Puff Pastry Slice with Cheddar & Tomato sauce		Cheesy Vegetable Bake Butternut Squash & Parsnip		Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice		Pitta Pockets Roasted Vegetables & Cheesy Pockets	
   				  					
Wholegrain Rice & Peas		Wedges & Baked Beans		Roasted Potatoes, Broccoli & Gravy		Green Beans		Chips & Baked Beans	
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