

Lunch Menu

Week 1

w/c: 01/09, 22/09, 13/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coconut Chicken Curry Served with Wholegrain Rice & Sweetcorn	Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas	Roast Turkey Served with Crispy Roasties, Broccoli & Gravy	Chicken Chow Mein Served With & Green Greens	Golden Fish Fingers Served with Chunky Chips and Baked Beans
Chana Masala Served with Wholegrain Rice & Sweetcorn	Vegetable Supreme Pizza Served with Garlic & Herb Wedges and Coleslaw or Peas	Spring Vegetable Tart Served with Crispy Roasties, Broccoli & Gravy	Chow Mein Noodles Served with Green Beans	Curried Chickpea Fritters Served with Chunky Chips and Baked Beans
Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce
Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo
Chocolate Cake and Custard	Jelly & Fruit Slices	Apple Crumble Cake	Fruit Salad	Lemon Shortbread Biscuits
Cheesy Tuesday				
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: 08/09, 29/09, 20/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tex Mex Chicken Served with Penne Pasta & Mixed Salad	Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas	Chicken Sausage in a Roll Served with Wedges & Sweetcorn	Chicken Tikka Masala Served with Wholegrain Rice & Broccoli	Golden Fish Fingers (Salmon Or Pollock) Served with Chunky Chips & Peas
 Vegetable Pasta Bake Served with Mixed Salad	Gnocchi, Cream Cheese, Courgettes & Peas Served with Mixed Salad	Veggie Sausage in a Roll Served with Wedges & Sweetcorn	Sweet Potato & Lentil Dhal Served with a Wholegrain rice & Broccoli	Vegetable & Bean Chilli Served with Chunky Chips & Peas
  			    	 
Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce
	  	  		  
Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo
				
Chocolate Beetroot Brownie 	Vanilla Ice cream Pot	Fruit Bowls  	Blueberry & Orange Traybake	Oat Cookie & Melon Stick   
Cheesy Tuesday				

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: 15/09, 06/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken Served with Wholegrain Rice & Green Beans 	Chicken Sausages Served with Potato Wedges & Baked Beans	Roast Turkey Served with Crispy Roasties, Carrots & Sweetcorn 	Mac n Cheese with a Crispy Crumb Topping Served with Broccoli	Golden Chicken Burgers Served With Chunky Chips & Baked Beans 
 Cheesy Lentil Lasagne Served with & Side Salad 	Veggie Sausages Served with Potato Wedges & Baked Beans	Baked Courgette & Bean Gratin Served with Crispy Roasties, Carrots & Sweetcorn 	Curried Spring Vegetable Pilaf Served with Raita & Broccoli 	Homemade Vegetarian Burgers Served with Chunky Chips & Baked Beans 
Penne Pasta with Homemade Tomato Sauce 	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce 	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Homemade Tomato Sauce 
Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 
Sticky Toffee Banana Cake	Fruit Bowls  	Lemon Flapjacks 	Lemon & Peach Cake 	Chocolate Cookies 
Cheesy Tuesday				

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