

Lunch Menu

Week 1



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

MONDAY Creamy Coconut Chicken Curry Served with Wholegrain Rice & Sweetcorn	TUESDAY Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas	WEDNESDAY Roast Gammon Served with Crispy Roasties, Broccoli & Gravy	THURSDAY Chicken Meatballs Served Whole Grain Pasta & Green Beans	FRIDAY Golden Fish Fingers Served with Chunky Chips and Baked Beans
Vegetable Curry 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 Coconut 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
Chocolate Cake and Custard	Jelly & Fruit Slices	Apple Crumble Cake	Fruit Salad	Lemon 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: 08/09, 29/09, 20/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger in a Bun Served with Wholegrain Pasta Salad & Green Leaves	Chicken Tikka Masala Served with a Wholegrain rice & Broccoli	Roast Chicken Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas	Golden Fish Fingers (Salmon Or Pollock) Served with Chunky Chips & Peas
Homemade Vegetarian Burger Served with Pasta Salad & Side Salad	Sweet Potato & Lentil Dhal Served with a Wholegrain rice & Broccoli	Spinach & Cheese Swirl Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	Gnocchi, Cream Cheese, Courgettes & Peas Served with Mixed Salad	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
Chocolate Brownie	Vanilla Ice cream Pot	Fruit Bowls	Blueberry & Orange Traybake	Oat Cookie & Melon Stick

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 	Homemade Sausage Rolls Served with Baked Potato Wedges & Baked Beans	Roast Turkey Served with Crispy Roasties, Carrots & Sweetcorn 	Mac n Cheese with a Crispy Crumb Topping Served with Broccoli	Golden Fish Fingers Served With Chunky Chips & Baked Beans 
 Cheesy Lentil Lasagne Served with & Side Salad 	Homemade Cheese & Onion Rolls Served with Wedges & Baked Beans	Baked Courgette & Bean Gratin Served with Crispy Roasties, Carrots & Sweetcorn 	Curried Spring Vegetable Pilaf Served with Raita & Broccoli 	Crispy Vegetable Fingers 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 
Sticky Toffee Banana Cake	Fruit Bowls 	Lemon Jacks 	Lemon & Peach 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