

Lunch Menu

Week

W/C 13/04, 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10



MONDAY Mexican Chicken Wraps Chicken & Rice 		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh  		THURSDAY Swedish Meatballs Chicken & Vegetable Meatballs		FRIDAY Fish Fingers Breaded Pollock Fish Fingers 			
SIDES	Vegetable Enchiladas Cheesy 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 		
	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   		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 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10



MONDAY

Sweet & Sour Pork with Noodles



TUESDAY

Margherita Pizza
Freshly Made Deep Pan Pizza

WEDNESDAY

Cottage Pie
Beef & Lentil Pie



THURSDAY

Butter Chicken Curry
Mild Creamy Chicken Curry.



FRIDAY

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



Green Cabbage

Baked Potato Wedges and Coleslaw or Salad

Garden Mash, Green Cabbage & Garden Peas

Wholegrain Rice & Broccoli

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 ----- >



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 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10



MONDAY Brazilian Coconut Chicken Mild Creamy Coconut Curry  		TUESDAY Beef Smashburger Beef & Bean Burgers in a Roll   		WEDNESDAY Roast Gammon Roasted Gammon Joint 		THURSDAY Mac n Cheese Really Cheesy Macaroni Pasta 		FRIDAY 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		Chips & Baked Beans SIDES	
PENNE PASTA WITH Homemade Tomato Sauce   		Nut Free Spinach & Basil Pesto 		Homemade Tomato Sauce   		Nut Free Spinach & Basil Pesto 		Homemade Tomato Sauce    PENNE PASTA WITH	
< ----- 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