

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	
Sweetcorn		Baked Potato Wedges and Coleslaw or Salad		Roast Potatoes, Green Cabbage & Garden Peas		Garden Mash & 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		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 		
SIDES	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		
	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