

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

PASTA WITH PENNE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Pork with Noodles	Margherita Pizza Freshly Made Deep Pan Pizza	Roast Chicken Roasted Marinated Chicken Thigh	Homemade Sausage Roll	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