

Lunch Menu

Week 1



Week 1 W/C - 02/11, 16/11, 30/11, 14/12, 11/1, 25/1, 8/2, 1/3, 15/3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Cheesy Macaroni Pasta Bake G- M-Mu 		Beef Burger In a Roll GL-So-Se 		Roast Chicken 		BBQ Chicken With Chickpeas G 		Fish Fingers & Tomato Ketchup F- G			
BBQ Beans & Vegetables G -M   		Vegetable Burger in a Roll G-Se 		Sweet Potato & Spinach Omelette E 		Cheesy Vegetable Bake G-M     		Vegetable Fingers & Tomato Ketchup G  			
SIDES	Wholegrain Rice & Cucumber Sticks  		Wedges & Baked Beans  		Roasted Potatoes, Seasonal Veg & Gravy  		Wholegrain Rice & Seasonal Veg  		Oven Baked Chips & Peas  		SIDES
	Jacket Potato with a choice Toppings G - M - F - E  		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G  		Pasta with Nut Free Spinach & Basil Pesto G - M  		Jacket Potato with a choice Toppings G - M - F - E  		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G  		
	Ham Roll G-E		Cheese Roll G- M		Ham Roll G-E		Cheese Roll G-M		Ham Roll G-E		
	Fruit Salad   		Pineapple Sponge & Custard G E M 		Chocolate Crispy Cake G-So-M    		Jelly & Fruit Slices   		Chocolate & Vanilla Shortbread G 		
SEASONAL VEGETABLES, SALAD, 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

Allergen Key

F Fish

E Eggs

Cr Crustaceans

G Gluten

Mu Mustard

Mo Molluscs

Se Sesame

L Lupin

P Peanuts

M Milk

N Tree Nuts

Ce Celery

Sd Sulphur Dioxide

So Soya

U Unknown Allergen

Allergen icons are correct at the time of printing. Please inform staff of any allergies or dietary requirements before ordering, as ingredients and preparation methods may vary.

Lunch Menu

Week 2



Week 2 W/C - 09/11, 23/11, 07/12, 4/1, 18/1, 01/02, 22/2, 8/3, 22/3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken & Sweetcorn Pasta G-M		Cheese & Tomato Pizza Slice G- M-So- E		Roast Chicken Thigh		Curried Chicken & Yellow Rice		Chicken Nuggets G-M-E	
Vegetable Meatballs in Tomato Sauce G-M		Pizza al Pesto Freshly made deep pan Pizza G- So-E-M		Cheese & Onion Quiche G-M-E		Sweet Potato & Chickpea Curry		Cheesy Broccoli Pinwheels G- So - E - M	
SIDES	Penne Pasta & Mixed Salad	Baked Potato Wedges and Coleslaw or Salad		Roasted Potatoes, Seasonal Veg		Steamed Rice & Seasonal Veg		Chips & Baked Beans	
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	Jacket Potato with a choice Toppings G - M--F-E		Pasta with Nut Free Spinach & Basil Pesto G-M		Jacket Potato with a choice Toppings G - M-F-E		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	
	Ham Roll G-E	Cheese Roll G- M		Ham Roll G-E		Cheese Roll G-M		Ham Roll G-E	
	Fruit Bowls	Vanilla Sprinkle Sponge G-E-M		Apple Crumble & Custard G-M		Watermelon Sticks		Shortbread Sticks G	
	SEASONAL VEGETABLES, SALAD, 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

Allergen Key

F Fish

E Eggs

Cr Crustaceans

G Gluten

Mu Mustard

Mo Molluscs

Se Sesame

L Lupin

P Peanuts

M Milk

N Tree Nuts

Ce Celery

Sd Sulphur Dioxide

So Soya

U Unknown Allergen

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