

Lunch Menu

Week 1



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



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



SIDES

Rice & Mixed Salad

Baked Potato Wedges &
Coleslaw or Salad

Roasted Potatoes, Carrots &
Sweetcorn

Creamy Mash & 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 ----- >



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



SIDES

Green Cabbage

Baked Potato Wedges and
Coleslaw or Salad

Garden Mash, Green Cabbage
& Garden Peas

Wholegrain Rice & Broccoli

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 ----- >



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