# Lunch Menu

## Week 1

Stir

W/C - 02/11, 23/11, 14/12, 04/01, 25/01, 15/02, 08/03

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Chicken & Sweetcorn Pasta**<br>G-M | **Cheese & Tomato Pizza Slice**<br>G- M-So- E | **Roast Gammon** | **Lamb Curry**<br>Lamb & Green Lentils<br>G | **Fish Fingers**<br>& Tomato Ketchup<br>F- G |
| **Vegetarian Meatballs in Tomato Sauce**<br>G -M | **Cheesy Broccoli Pinwheels**<br>G- So - E - M | **Sweet Potato & Spinach Omelette**<br>E | **Sweet Potato & Chickpea Curry** | **Vegetable Fingers**<br>& Tomato Ketchup<br>G |
| Penne Pasta & Mixed Salad | Baked Potato Wedges & Coleslaw | Roasted Potatoes, Seasonal Veg & Gravy | Wholegrain Rice & Seasonal Veg | Oven Baked Chips & Peas |
| **Jacket Potato** with a choice Toppings<br>G - M - F - E | **Pasta with Homemade Tomato Sauce** (Red lentils & Veg)<br>G | **Pasta with Nut Free Spinach & Basil Pesto**<br>G - M | **Jacket Potato** with a choice Toppings<br>G - M - F - E | **Pasta with Homemade Tomato Sauce** (Red lentils & Veg)<br>G |
| **Tuna Mayo Roll**<br>G-F-E | **Ham Roll**<br>G | **Egg Roll**<br>G-E | **Cheese Roll**<br>G-M | **Tuna Mayo Roll**<br>G-F-E |
| **Fruit Salad** | **Pineapple Sponge & Custard**<br>G E M | **Apple & Blueberry FlapJacks**<br>G | **Jelly & Fruit Slices** | **Chocolate & Vanilla Shortbread**<br>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 Dioxode · 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

Stir

W/C - 09/11, 30/11, 21/12, 11/01, 01/02, 22/02, 15/03

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Curried Chicken & Yellow Rice** | **Cheese & Tomato Pizza Twists**<br>G- M-E-SO | **Roast Chicken Thigh** | **Sticky Chicken**<br>G-SO-Sd | **Fish Fingers**<br>Breaded Pollock or Salmon Fish Fingers<br>F-G |
| **Vegetarian Tikka Masala with Rice**<br>M | **Pizza al Pesto**<br>Freshly made deep pan Pizza<br>G- So-E-M | **Cheesy Vegetable Bake**<br>G-M | **Courgette Katsu & Mild Curry Sauce**<br>G-So-E-M<br>Ce-Mu | **Cheese & Onion Quiche**<br>G-M-E |
| Served With Seasonal Veg | Baked Potato Wedges and Coleslaw or Salad<br>E | Roasted Potatoes, Seasonal Veg | Steamed Rice & Seasonal Veg | Chips & Baked Beans |
| **Pasta with Homemade Tomato Sauce** (Red lentils & Veg)<br>G | **Jacket Potato** with a choice Toppings<br>G - M--F-E | **Pasta with Nut Free Spinach & Basil Pesto**<br>G-M | **Jacket Potato** with a choice Toppings<br>G - M-F-E | **Pasta with Homemade Tomato Sauce** (Red lentils & Veg)<br>G |
| **Tuna Mayo Roll**<br>G-F-E | **Ham Roll**<br>G | **Egg Roll**<br>G-E | **Cheese Roll**<br>G-M | **Tuna Mayo Roll**<br>G F E |
| **Fruit Bowls** | **Vanilla Sprinkle Sponge**<br>G-E-M | **Apple Crumble & Custard**<br>G-M | **Watermelon Sticks** | **Shortbread Sticks**<br>G |

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# Lunch Menu

## Week 3

Stir

W/C - 16/11, 07/12, 28/12, 18/01, 08/02, 01/03, 22/03

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Cheesy Macaroni Pasta Bake**<br>G- M-Mu | **Beef Burger In a Roll**<br>GL-So-Se | **Roast Chicken** | **BBQ Chicken**<br>With Chickpeas | **Fish Fingers**<br>Breaded Pollock Fish Fingers<br>**(Salmon Or Pollock)**<br>F-G |
| **Vegetable Chilli**<br>Spiced Vegetable & Bean Chilli & Rice<br>M | **Vegetable Burger in a Roll**<br>G-Se | **Parsnip & Apple Slice**<br>G | **BBQ Beans & Vegetables** | **Carrot & Chickpea Nuggets**<br>M-G |
| Seasonal Veg | Wedges & Baked Beans | Roasted Potatoes, Seasonal Veg | Wholegrain Rice & Cucumber Sticks | Chips & Sweetcorn |
| **Pasta with Homemade Tomato Sauce** (Red lentils & Veg)<br>G | **Jacket Potato** with a choice Toppings<br>G - M-F-E | **Pasta with Nut Free Spinach & Basil Pesto**<br>G-M | **Jacket Potato** with a choice Toppings<br>G-M-F-E | **Pasta with Homemade Tomato Sauce**<br>G |
| **Tuna Mayo Roll**<br>G- F-E | **Ham Roll**<br>G | **Egg Roll**<br>G-E | **Cheese Roll**<br>G- M | **Tuna Mayo Roll**<br>G-F-E |
| **Fruit Bowls** | **Peach Custard Cake**<br>G-E-M | **Chocolate Crispy Cake**<br>G-So-M | **Jelly & Fruit Slices** | **Carrot & Cinnamon Cookies**<br>G-E-M |

SIDES

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