

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

Rice & Mixed Salad

Baked Potato Wedges &
Coleslaw or Salad

Roasted Potatoes, Carrots & Sweetcorn

Creamy Mash & Green Beans

Chips & Baked Beans

Homemade Tomato Sauce

Sauce

Nut Free Spinach & Basil Pesto

Pesto

Homemade Tomato Sauce

Sauce

Nut free Spinach & Basil Pesto

Pesto

Homemade Tomato Sauce

Sauce

Apple Sponge & Custard

Jelly & Fruit Slices

Carrot & Cinnamon Cookies

Fruit Salad

Chocolate & Vanilla Shortbread

< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >

SEASONAL VEGETABLES, VEGAN AND FRUIT ARE AVAILABLE DAILY

IGOM
1837

Add
plant power

Wholemeal

Vegan

Vegetarian

Oily fish

Full of fruit

Nutritional
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

Green Cabbage

Baked Potato Wedges and
Coleslaw or Salad

Garden Mash, Green Cabbage
& Garden Peas

Wholegrain Rice & Broccoli

Chips & Baked Beans

Homemade Tomato Sauce

Sauce

Nut Free Spinach & Basil Pesto

Pesto

Homemade Tomato Sauce

Sauce

Nut Free Spinach & Basil Pesto

Pesto

Homemade Tomato Sauce

Sauce

Vanilla Sprinkle Sponge

Watermelon Sticks

Chocolate Crispy Cake

Fruit Bowls

Apple Flapjack

< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY

IGOM
KAY

Added
plant power

Wholesome

Vegan

Vegetarian

Oil free

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 Chili

Spiced Vegetable & Bean Chili & Rice



Pitta Pockets

Roasted Vegetables & Cheesy Pockets



Wholegrain Rice & Green Beans

Wedges & Baked Beans

Roasted Potatoes, Broccoli & Gravy

Green Beans

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 ----- >



Jammy Crumble Slice

Fruit Bowls



Vanilla Ice Cream Cup

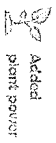
Jelly & Fruit Slices



Rainbow Shortbreads

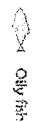
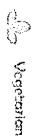
SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY

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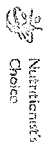


Wholemeal

Vegan



Full of Fruit



Extra Protein Power

