

Lunch Menu

Week 1

W/C 07/09, 28/09, 19/10



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Mexican Chicken Wraps Chicken & Rice 		Margherita Pizza Freshly Made Deep Pan Pizza		Roast Chicken Roasted Marinated Chicken Thigh 		Swedish Meatballs Chicken & Vegetable Meatballs 		Fish Fingers Breaded Pollock Fish Fingers 	
SIDES Rice & Mixed Salad 		Pizza al Pesto Freshly made deep pan Pizza		Crispy Cheese & Lentil Bake 		Vegan Swedish Meatballs Homemade Veggie Meatballs 		Vegetable Fingers Crispy Breaded Vegetable Fingers 	
		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 		Jelly & Fruit Slices 		Carrot & Cinnamon Cookies 		Fruit Salad 		Chocolate & Vanilla Shortbread 	

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY



Lunch Menu

Week 2

W/C 14/09, 05/10



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Sweet & Sour Chicken with Noodles		Margherita Pizza Freshly Made Deep Pan Pizza		Pork Sausage		Butter Chicken Curry Mild Creamy Chicken Curry.		Fish Fingers Breaded Pollock Fish Fingers	
Chow Mein Noodles		Veggie Delight Pizza Freshly Made Deep Pan Pizza		Vegetable Sausage		Tikka Eat Curious Mild & Creamy Vegan Curry		Cheese & Onion Quiche Fried Onion & Cheese Tart	
Peas		Baked Potato Wedges and Coleslaw or Salad		Garden Mash, Carrots & Garden Peas		Wholegrain Rice & 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		Apple Flapjack	

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY

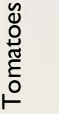


Lunch Menu

Week 3



W/C 31/08, 21/09, 12/10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Brazilian Coconut Chicken Mild Creamy Coconut Curry		Beef Smashburger Beef & Bean Burgers in a Roll		Roast Gammon Roasted Gammon Joint		Mac n Cheese Really Cheesy Macaroni Pasta		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	
									
Wholegrain Rice & Sweetcorn		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									

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

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