

Lunch Menu

Week 1



W/C 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 	
VEGETABLES	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	VEGETABLES
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 	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	HNut Free Spinach & Basil Pesto 	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Homemade Tomato Sauce 	PENNE PASTA WITH
	Cheese Roll	Ham Roll	Egg Mayo Roll	Tuna Mayo Roll	Cheese Roll	
	Apple Sponge 	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 2 14/09, 05/10

	MONDAY Sweet & Sour Chicken with Noodles	TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza	WEDNESDAY Pork Sausage	THURSDAY Butter Chicken Curry Mild Creamy Chicken Curry.	FRIDAY Fish Fingers Breaded Pollock Fish Fingers	
SIDES	Chow Mein Noodles Peas	Veggie Delight Pizza Freshly Made Deep Pan Pizza Baked Potato Wedges and Coleslaw or Salad	Vegetable Sausage Garden Mash, Carrots & Garden Peas	Tikka Eat Curious Mild & Creamy Vegan Curry Wholegrain Rice & Broccoli	Cheese & Onion Quiche Fried Onion & Cheese Tart Chips & Baked Beans	
	PENNE PASTA WITH Homemade Tomato Sauce Cheese Roll	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo Ham Roll	HNut Free Spinach & Basil Pesto Egg Mayo Roll	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo Tuna Mayo Roll	Homemade Tomato Sauce Cheese Roll	PENNE PASTA WITH
	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 31/08, 21/09, 12/10

MONDAY Brazilian Coconut Chicken Mild Creamy Coconut Curry  		TUESDAY Beef burger 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 	
Wholegrain Rice & Sweetcorn		Wedges & Baked Beans		Roasted Potatoes, Broccoli & Gravy		Green Beans		Chips & Baked Beans	
Homemade Tomato Sauce   		Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo		HNut Free Spinach & Basil Pesto   		Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo		Homemade Tomato Sauce   	
Cheese Roll		Ham Roll		Egg Mayo Roll		Tuna Mayo Roll		Cheese Roll	
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