

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   		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 ----- > 									
Cheese or Tuna		Chicken Mayo or Cheese		Tuna Mayo or Cheese		Ham or Cheese		Cheese or Egg 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 Roast Chicken Roasted Marinated Chicken Thigh  		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		Roast Potatoes, Broccoli		Wholegrain Rice & Broccoli		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   	
	Cheese or Tuna Mayo		Chicken Mayo or Cheese		Tuna Mayo or Cheese		Ham or Cheese		Egg Mayo or Cheese 	
< ----- 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 Homemade Sausage Rolls Served with Wedges & Baked Beans		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		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 ----- > Cheese or TunaChicken Mayo or CheeseTuna Mayo or CheeseHam or CheeseEgg Mayo or Cheese									
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