

Lunch Menu

Week
1



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Halal Chicken & Sweetcorn Pasta G-M  		Cheese & Tomato Pizza Slice G- M-So- E		Halal Roast Chicken 		Halal Lamb Curry Lamb & Green Lentils G   		Fish Fingers & Tomato Ketchup F- G	
Vegetarian Meatballs in Tomato Sauce G - M   		Cheesy Broccoli Pinwheels G- So - E - M 		Sweet Potato & Spinach Omelette E 		Sweet Potato & Chickpea Curry    		Vegetable Fingers & Tomato Ketchup 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 G - M - F - E 		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 		Pasta with Nut Free Spinach & Basil Pesto G - M		Jacket Potato with a choice Toppings G - M - F - E 		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	
< ----- Available Daily - Freshly Baked Baguette with 2 choices of fillings ----- >									
Fruit Salad   		Pineapple Sponge & Custard G E M 		Apple & Blueberry FlapJacks G    		Jelly & Fruit Slices   		Chocolate & Vanilla Shortbread 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 Dioxide

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

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

Week
2



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Halal Curried Chicken & Yellow Rice		Cheese & Tomato Pizza Twists G- M-E-SO		Halal Roast Chicken Thigh		Halal Sticky Chicken G-SO-Sd		Fish Fingers Breaded Pollock or Salmon Fish Fingers F-G	
  				 		 			
Vegetarian Tikka Masala with Rice M		Pizza al Pesto Freshly made deep pan Pizza G- So-E-M		Cheesy Vegetable Bake G-M		Courgette Katsu & Mild Curry Sauce G-So-E-M Ce-Mu		Cheese & Onion Quiche G-M-E	
  				   		  			
Served With Seasonal Veg		Baked Potato Wedges and Coleslaw or Salad E		Roasted Potatoes, Seasonal Veg		Steamed Rice & Seasonal Veg		Chips & Baked Beans	
Pasta with Homemade Tomato Sauce (Red lentils & Veg) G		Jacket Potato with a choice Toppings G - M--F-E		Pasta with Nut Free Spinach & Basil Pesto G-M		Jacket Potato with a choice Toppings G - M-F-E		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	
									
< ----- Available Daily - Freshly Baked Baguette with 2 choices of fillings ----- >									
Fruit Bowls		Vanilla Sprinkle Sponge G-E-M		Apple Crumble & Custard G-M		Watermelon Sticks		Shortbread Sticks 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 Dioxide

So Soya

U Unknown Allergen

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Lunch Menu

Week
3



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

SIDES

SIDES

MONDAY

**Cheesy Macaroni
Pasta Bake**
G- M-Mu

TUESDAY

**Halal Beef Burger
In a Roll**
GL-So-Se

WEDNESDAY

Halal Roast Chicken



THURSDAY

Halal BBQ Chicken
With Chickpeas



FRIDAY

Fish Fingers
Breaded Pollock Fish Fingers
(Salmon Or Pollock)
F-G

Vegetable Chilli
Spiced Vegetable & Bean Chilli &
Rice
M



**Vegetable Burger
in a Roll**
G-Se



Parsnip & Apple Slice
G



BBQ Beans & Vegetables



**Carrot & Chickpea
Nuggets**
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)
G



Jacket Potato with a choice
Toppings
G - M-F-E



**Pasta with Nut Free
Spinach
& Basil Pesto**
G-M



Jacket Potato with a choice
Toppings
G-M-F-E



**Pasta with Homemade
Tomato Sauce**
G

< ----- Available Daily - Freshly Baked Baguette with 2 choices of fillings ----- >

Fruit Bowls



Peach Custard Cake
G-E-M



Chocolate Crispy Cake
G-So-M

Jelly & Fruit Slices



**Carrot & Cinnamon
Cookies**
G-E-M



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

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