

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	
	  			 		
SIDES	Rice & Mixed Salad	Baked Potato Wedges & Coleslaw or Salad	Roasted Potatoes, Carrots & Sweetcorn	Creamy Mash & Green Beans	Chips & Baked Beans	SIDES
	Homemade Tomato Sauce	Nut Free Spinach & Basil Pesto	Homemade Tomato Sauce	Nut free Spinach & Basil Pesto	Homemade Tomato Sauce	
	  		  		  	
PENNE PASTA WITH	Jacket Potato with Cheese or Beans or Tuna Mayo	Jacket Potato with Cheese or Beans or Tuna Mayo	Jacket Potato with Cheese or Beans or Tuna Mayo	Jacket Potato with Cheese or Beans or Tuna Mayo	Jacket Potato with Cheese or Beans or Tuna Mayo	PENNE PASTA WITH
	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		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Sweet & Sour Pork with Noodles		Margherita Pizza		Roast Chicken		Butter Chicken Curry		Fish Fingers	
Noodles		Freshly Made Deep Pan Pizza		Roasted Marinated Chicken Thigh		Mild Creamy Chicken Curry.		Breaded Pollock Fish Fingers	
Chow Mein Noodles		Veggie Delight Pizza		Shepherdless Pie		Tikka Eat Curious		Cheese & Onion Quiche	
Noodles		Freshly Made Deep Pan Pizza		Vegetable & Bean Pie		Mild & Creamy Vegan Curry		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		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce	
Jacket Potato with Cheese or Beans or Tuna Mayo		Jacket Potato with Cheese or Beans or Tuna Mayo		Jacket Potato with Cheese or Beans or Tuna Mayo		Jacket Potato with Cheese or Beans or Tuna Mayo		Jacket Potato with Cheese or 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



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		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Brazilian Coconut Chicken Mild Creamy Coconut Curry		Homemade Sausage Rolls Served with Wedges & Baked Beans		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	
    						  			
SIDES Wholegrain Rice & Sweetcorn		Wedges & Baked Beans		Roasted Potatoes, Broccoli & Gravy		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	
  				  				  	
 Jacket Potato with Cheese or Beans or Tuna Mayo		 Jacket Potato with Cheese or Beans or Tuna Mayo		 Jacket Potato with Cheese or Beans or Tuna Mayo		 Jacket Potato with Cheese or Beans or Tuna Mayo		 Jacket Potato with Cheese or 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

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut