

Lunch Menu

Week 1



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

SIDES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SIDES
	Chicken & Sweetcorn Pasta G-M  	Cheese & Tomato Pizza Slice G- M-So- E	Roast Chicken 	Chicken Tikka Curry M   	Chicken Nuggets Battered Chicken Nuggets G	
	Vegetarian Meatballs in Tomato Sauce with Pasta G - M   	Cheesy Broccoli Pinwheels G- So - E - M 	Sweet Potato & Spinach Omelette E 	Sweet Potato & Chickpea Curry    	Vegetable Fingers & Tomato Ketchup G  	
	Sweetcorn & Mixed Salad	Baked Potato Wedges & Coleslaw	Roasted Potatoes, Seasonal Veg & Gravy	Wholegrain Rice & Seasonal Veg	Oven Baked Chips & Peas	
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	Pasta with Nut Free Spinach & Basil Pesto G-M 	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	Pasta with Nut Free Spinach & Basil Pesto G-M 	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	
	Jacket Potato with a choice of Toppings M - F - E 	Ham Roll G 	Jacket Potato with a choice of Toppings M - F - E 	Jacket Potato with a choice of Toppings M - F - E 	Cheese Roll G - M  	
	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

Week 2



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Curried Chicken & Yellow Rice 	Cheese & Tomato Pizza Twists G- M-E-So	Roast Chicken 	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 	
SIDES	Served With Seasonal Veg	Baked Potato Wedges and Coleslaw or Salad	Roasted Potatoes, Seasonal Veg	Steamed Rice & Seasonal Veg	Chips & Baked Beans	SIDES
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	Pasta with Nut Free Spinach & Basil Pesto G-M 	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	Pasta with Nut Free Spinach & Basil Pesto G-M 	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	
	Jacket Potato with a choice of Toppings M - F - E 	Ham Roll G 	Jacket Potato with a choice of Toppings M - F - E 	Jacket Potato with a choice of Toppings M - F - E 	Cheese Roll G - M 	
	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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheesy Macaroni Pasta Bake G- M-Mu	Chicken Sausage Roll G-E	Roast Chicken  	BBQ Chicken With Chickpeas 	Chicken Nuggets Battered Chicken Nuggets G
Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice M   	Cheese & Onion Roll G-M  	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 	Pasta with Nut Free Spinach & Basil Pesto G-M 	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	Pasta with Nut Free Spinach & Basil Pesto G-M 	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 
Jacket Potato with a choice of Toppings M - F - E 	Ham Roll G 	Jacket Potato with a choice of Toppings M - F - E 	Jacket Potato with a choice of Toppings M - F - E 	Cheese Roll G - M  
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

Sd Sulphur Dioxide

So Soya

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