

# Lunch Menu

Week 1

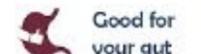
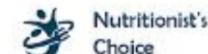
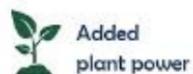


w/c: 26/08, 16/09, 07/10, 28/10, 18/11, 09/10, 30/10, 20/01, 10/02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tex Mex Chicken</b> Served with Wholegrain Rice & Sweetcorn 	<b>Cottage Pie topped with Root Vegetable Mash</b> Served with Green Cabbage, Peas & Gravy 	<b>Roast Chicken Thighs</b> Served with Crispy Roasties, Broccoli & Gravy 	<b>Pizza Pinwheels</b> Served with Garlic & Herb Wedge and Green Beans 	<b>Golden Fish Fingers</b> Served with Chips and Baked Beans 
<b>Enchiladas</b> Served with Wholegrain Rice & Sweetcorn (Kidney Beans) 	<b>Vegetable Pie topped with Root Vegetable Mash</b> Served with Green Cabbage, Peas & Gravy 	<b>Sweet Potato &amp; Lentil Roast</b> Served with Crispy Roasties, Broccoli & Gravy 	<b>Vegetable Jambalaya</b> Served with Green Beans 	<b>Courgette &amp; Sweetcorn Fritters</b> Served with Chips and Garden Peas 
<b>Penne Pasta with Homemade Tomato Sauce</b> 	<b>Jacket Potato</b> with Cheese or Baked Beans or Tuna Mayo 	<b>Penne Pasta with Homemade Tomato Sauce</b> 	<b>Jacket Potato</b> with Cheese or Baked Beans or Tuna Mayo 	<b>Penne Pasta with Homemade Tomato Sauce</b> 
Yoghurt or Fresh Fruit	Yoghurts or Fresh Fruit	Yoghurt or Fresh Fruit	Yoghurt or Fresh Fruit	Shortbread Biscuits

**SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY**

**Icon Key**



# Lunch Menu

Week 2



w/c: 02/09, 23/09, 14/10, 04/11, 25/11, 16/12, 06/01, 27/01, 17/02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mexican Chicken Wrap</b> Served with Wholegrain Rice & Broccoli 	<b>Homemade Pizza Margherita</b> Served with Paprika Wedges & Coleslaw	<b>Chicken &amp; Sweetcorn Pie</b> Served with Crispy Roasties, Carrots & Peas 	<b>Bombay Chicken Biryani</b> Served with Wholegrain Rice & Broccoli   	<b>Golden Fish Fingers</b> Served with Chips & Baked Beans 
 <b>No Meat Bolognese</b> Served with Penne Pasta & Broccoli    	<b>Baked Tomato &amp; Bean Gnocchi</b> Served with Coleslaw & Garlic Slic 	<b>Vegetable &amp; Bean Cobbler</b> Served with Crispy Roasties, Carrots & Peas  	<b>Chickpea &amp; Vegetable Samosa</b> Served with Wholegrain Rice, Broccoli & Curry Sauce     	<b>Vegetable Fingers</b> Served with Chips & Baked Beans 
<b>Penne Pasta with Homemade Tomato Sauce</b>   	<b>Jacket Potato</b> with Cheese or Baked Beans or Tuna Mayo 	<b>Penne Pasta with Homemade Tomato Sauce</b>   	<b>Jacket Potato</b> with Cheese or Baked Beans or Tuna Mayo 	<b>Penne Pasta with Homemade Tomato Sauce</b>   
Yoghurt or Fresh Fruit	Yoghurt or Fresh Fruit	Yoghurt or Fresh Fruit	Yoghurt or Fresh Fruit	Oat Cookie & Fruit Slices  

**SEASONAL VEGETABLES, SALAD BAR, FRESH 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

# Lunch Menu

Week 3



w/c: 09/09, 30/09, 21/10, 11/04, 02/12, 23/12, 13/01, 03/02

## MONDAY

**Creamy Tuscan Beef**  
Served Wholegrain Rice & Green Beans



## TUESDAY

**Homemade chicken Sausage Rolls**  
Served with Wedges & Baked Beans



## WEDNESDAY

**Roast Chicken Thighs**  
Served with Crispy Roasties, Carrots & Sweetcorn



## THURSDAY

**Mac n Cheese with a Crispy Crumb Topping**  
Served with Green Beans

## FRIDAY

**Golden Fish Fingers**  
(Salmon Or Pollock)  
Served With Chips & Garden Peas



**Mild Thai Green Curry Vegetable & Chickpea**  
Served with Wholegrain Rice & Green Beans



**Homemade Cheese & Onion Rolls**  
Served with Wedges & Baked Beans

**Spiced Beetroot & Lentil Loaf**  
Served With Crispy Roasties, Carrots & Sweetcorn



**Vegetable Bean Chilli**  
Served with Wholegrain Rice & Green Beans



**Vegetable Fingers**  
Served with Chips & Baked Beans



**Penne Pasta with Tomato Sauce**



**Jacket Potato**  
With Cheese or Baked Beans or Tuna Mayo



**Penne Pasta with Tomato Sauce**



**Jacket Potato**  
With Cheese or Baked Beans or Tuna Mayo



**Penne Pasta with Tomato Sauce**



Yoghurt or Fresh Fruit

Yoghurt or Fresh Fruit

Yoghurt or Fresh Fruit

Yoghurt or Fresh Fruit

Chocolate Cookies

**SEASONAL VEGETABLES, SALAD BAR, FRESH 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