

Lunch Menu

Week 1



w/c: 3/11, 24/11, 15/12, 5/01, 26/01, 9/03

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| Mediterranean Chicken Served with Khobez Bread & Roasted Vegetables | Homemade Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas | Roast Gammon Served with Crispy Roasties, Broccoli & Gravy | Lamb Jollof Rice Served with a Crunchy Slaw | Golden Fish Fingers Served with Chips & Baked Beans |
|  Vegetable Tagine Served with Khobez Bread & Roasted Vegetables | Homemade Pizza al a Pesto Served with Baked Potato Wedges and Coleslaw or Peas | Carrot & Stuffing Plait Served with Crispy Roasties, Broccoli & Gravy | Sweet Potato & Black Bean Curry Served with Steamed Rice & Crunchy Slaw | Roasted Vegetable Pitta Pockets Served with Chips & Baked Beans  |
| Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Homemade Tomato Sauce | Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Homemade Tomato Sauce |
|    | |    | |    |
| Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo |
|  |  |  |  |  |
| Apple Crumble Cake | Jelly & Fruit Slices | Carrot & Cinnamon Cookies | Fruit Salad | Hob Nob Biscuit 50/50 Wholemeal |
| 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 2



w/c: 10/11, 1/12, 22/12, 12/01, 2/02, 23/02, 16/03

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Char Sui Pork Served with Noodles & Green Cabbage | Homemade Pizza Margherita Served with Paprika Wedges & Coleslaw | Chicken, Sage & Onion Slice Served With Crispy Roasties, Carrots, Sweetcorn & Gravy | Bombay Chicken Biryani Served with Wholegrain Rice & Broccoli | Golden Fish Fingers Served with Chips & Baked Beans |
| Chow Mein Noodles Served with Green Cabbage | Vegetable Supreme Pizza Served with Garlic & Herb Wedges and Coleslaw or Peas | Crispy Cheese & Lentil Bake Served With Crispy Roasties, Carrots, Sweetcorn & Gravy | Malai Koftas (Paneer) Served with Wholegrain Rice & Broccoli | Sweet Potato, Leek & Cheese Quiche Served with Chips & Baked Beans |
| Penne Pasta with Homemade Tomato Sauce | Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Homemade Tomato Sauce | Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Homemade Tomato Sauce |
|    | |    | |    |
| Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo | Jacket Potato with Cheese or Baked Beans or Tuna Mayo |
|  |  |  |  |  |
| Vanilla Sprinkle Sponge | Watermelon Sticks | Chocolate Brick | Fruit Bowls | Oatie Cookie |
| 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: 17/11, 8/12, 29/12, 19/01, 9/02, 2/03, 23/03

| | | | | |
|--|--|--|--|--|
| MONDAY Chicken Tacos Served with Rainbow Rice & Sweetcorn | TUESDAY Homemade Sausage Rolls Served with Wedges & Baked Beans | WEDNESDAY Roast Chicken Thigh 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 |
|  Eat Curious Tacos Served with Rainbow Rice & Sweetcorn | Homemade Cheese & Onion Rolls Served with Wedges & Baked Beans | Cheesy Root Veg Crumble Served with Carrots & Sweetcorn | Vegetable & Bean Chilli Served with Steamed Rice & Green Beans | Vegetable Fingers Served with Chips & Baked Beans  |
| Penne Pasta with Homemade Tomato Sauce    | Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Homemade Tomato Sauce    | Penne Pasta with Nut free Spinach and Basil Pesto | Penne Pasta with Homemade Tomato Sauce    |
| Jacket Potato with Cheese or Baked Beans or Tuna Mayo  | Jacket Potato with Cheese or Baked Beans or Tuna Mayo  | Jacket Potato with Cheese or Baked Beans or Tuna Mayo  | Jacket Potato with Cheese or Baked Beans or Tuna Mayo  | Jacket Potato with Cheese or Baked Beans or Tuna Mayo  |
| Orange & Cinnamon Cake | Fruit Bowls | Vanilla Ice Cream Cup | Jelly & Fruit Slices | Polish Vanilla 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