

# Lunch Menu

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

## Week 1



**Stir:**  
let's eat, together

### MONDAY

#### Mediterranean Chicken

Served with Khobez Bread & Roasted Vegetables

### TUESDAY

#### Homemade Margherita Pizza

Served with Baked Potato Wedges and Coleslaw or Peas

### WEDNESDAY

#### Roast Gammon

Served with Crispy Roasties, Broccoli & Gravy

### THURSDAY

#### Lamb Jollof Rice

Served with a Crunchy Slaw

### FRIDAY

#### Golden Fish Fingers

Served with Chips & Baked Beans



#### Vegetable Tagine

Served with Khobez Bread & Roasted Vegetables



#### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



#### Apple Crumble Cake

#### Homemade Pizza al a Pesto

Served with Baked Potato Wedges and Coleslaw or Peas

#### Penne Pasta with Nut free Spinach and Basil Pesto

#### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



#### Jelly & Fruit Slices

#### Carrot & Stuffing Plait

Served with Crispy Roasties, Broccoli & Gravy

#### Penne Pasta with Homemade Tomato Sauce



#### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



#### Carrot & Cinnamon Cookies

#### Sweet Potato & Black Bean Curry

Served with Steamed Rice & Crunchy Slaw

#### Penne Pasta with Nut free Spinach and Basil Pesto

#### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



#### Fruit Salad

#### Roasted Vegetable Pitta Pockets

Served with Chips & Baked Beans

#### Penne Pasta with Homemade Tomato Sauce



#### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



#### 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

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

## Week 2



**Stir:**  
let's eat, together

### MONDAY

**Char Sui Pork**  
Served with Noodles & Green Cabbage

### TUESDAY

**Homemade Pizza Margherita**  
Served with Paprika Wedges & Coleslaw

### WEDNESDAY

**Chicken, Sage & Onion Slice**  
Served With Crispy Roasties, Carrots, Sweetcorn & Gravy

### THURSDAY

**Bombay Chicken Biryani**  
Served with Wholegrain Rice & Broccoli

### FRIDAY

**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

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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

w/c: 17/11, 8/12, 29/12, 19/01, 9/02, 2/03, 23/03

## Week 3



**Stir:**  
let's eat, together

### 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



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



#### Orange & Cinnamon Cake

#### 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



#### Fruit Bowls

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



#### Vanilla Ice Cream Cup

#### Penne Pasta with Nut free Spinach and Basil Pesto

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



#### Jelly & Fruit Slices

#### Penne Pasta with Homemade Tomato Sauce



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



#### 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