Lunch Menu

Week One

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken & Sweetcorn Pasta G-M	**Cheese & Tomato Pizza Slice** G- M-So- E	**Roast Gammon**	**Chicken Tikka Curry** G	**Chicken Nuggets** & Tomato Ketchup G
	Vegetarian Meatballs in Tomato Sauce Pasta G -M	**Cheesy Pinwheels** G- So - E - M	**Vegetable Pie with Mashed Potato**	**Sweet Potato & Chickpea Curry**	**Vegetable Fingers** & Tomato Ketchup G
SIDES	Mixed Salad	Baked Potato Wedges Salad Bar	Roasted Potatoes, Seasonal Veg & Gravy	Wholegrain Rice & Seasonal Veg	Chips & Peas or Beans
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Penne Pasta with Nut free Spinach and Basil Pesto** G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Penne Pasta with Nut free Spinach and Basil Pesto** G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Jacket Potato with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E
	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 Dioxode · 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 Two

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	**Curried Chicken & Yellow Rice**	**Cheese & Tomato Pizza Twists** G- M-E-SO	**Roast Chicken**	**Sticky Chicken** Chinese honey glaze	**Fish Fingers** Breaded Pollock or Salmon Fish Fingers F-G
MAINS	**Vegetarian Tikka Masala with Rice** M	**Veggie Delight Pizza** Freshly made deep pan Pizza G- So-E-M	**Cheesy Vegetable Bake** G-M	**Mild Veggie Fruity Curry** 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 & Peas or Beans
MAINS	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Penne Pasta with Nut free Spinach and Basil Pesto** G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Penne Pasta with Nut free Spinach and Basil Pesto** G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
MAINS	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E
DESSERTS	**Fruit Bowls**	**Vanilla Sprinkle Sponge** G-E-M	**Apple Crumble & Custard** G-M	**Watermelon Sticks**	**Shortbread Sticks** G

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Lunch Menu

Week Three

W/C - 16/11, 07/12, 28/12, 18/01, 08/02, 01/03, 22/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Crunchy Topped Macaroni Cheese G- M-Mu	**Homemade Chicken Sausage Roll** GL-Eg	**Roast Chicken**	**BBQ Chicken** With Chickpeas	**Fish Fingers** Breaded Pollock Fish Fingers **(Salmon Or Pollock)** F-G
	Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice M	**Cheese & Onion Puff Pastry Roll** GL-Mi-M	**Roasted Veg Pitta** G	**BBQ Beans & Vegetables**	**Veggie fingers** M-G
SIDES	Seasonal Veg	Wedges & Baked Beans	Roasted Potatoes, Seasonal Veg	Wholegrain Rice & Cucumber Sticks	Chips & Peas or Beans
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Penne Pasta with Nut free Spinach and Basil Pesto** G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Penne Pasta with Nut free Spinach and Basil Pesto** G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Jacket Potato with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E	**Jacket Potato** with a choice Toppings G - M - F - E
	Fruit Bowls	**Peach Custard Cake** G-E-M	**Chocolate Crispy Cake** G-So-M	**Jelly & Fruit Slices**	**Cinnamon Cookies** G-E-M

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