

Lunch Menu

Week 1



W/C 07/09, 28/09, 19/10

MONDAY Mexican Chicken Wraps Chicken & Rice		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh		THURSDAY Swedish Meatballs Chicken & Vegetable Meatballs		FRIDAY Fish Fingers Breaded Pollock Fish Fingers		
Vegetable Enchiladas Baked wraps		Pizza al Pesto Freshly made deep pan Pizza		Veggie Sausages		Vegan Swedish Meatballs Homemade Veggie Meatballs		Vegetable Fingers Crispy Breaded Vegetable Fingers		
SIDES	Rice & Mixed Salad		Baked Potato Wedges & Coleslaw or Salad		Roasted Potatoes, Carrots & Sweetcorn		Creamy Mash & Green Beans		Chips & Baked Beans	
PENNE PASTA WITH	Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut free Spinach & Basil Pesto		Homemade Tomato Sauce	
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >										
Apple Sponge & Custard		Jelly & Fruit Slices		Carrot & Cinnamon Cookies		Fruit Salad		Chocolate & Vanilla Shortbread		
SEASONAL VEGETABLES, 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 14/09, 05/10

MONDAY Sweet & Sour Pork with Noodles		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Roast Chicken		THURSDAY Mild Chicken Curry		FRIDAY Fish Fingers Breaded Pollock Fish Fingers			
Chow Mein Noodles		Veggie Delight Pizza Freshly Made Deep Pan Pizza		Veggie Sausages		Veggie mild curry Mild & Creamy Vegan Curry		Veggie nuggets			
SIDES	Green Cabbage		Baked Potato Wedges and Coleslaw or Salad		Garden Mash, Green Cabbage & Garden Peas		Wholegrain Rice & Broccoli		Chips & Baked Beans		
PENNE PASTA WITH	Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >											
Vanilla Sprinkle Sponge		Watermelon Sticks		Chocolate Crispy Cake		Fruit Bowls		Apple Flapjack			
SEASONAL VEGETABLES, 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 31/08, 21/09, 12/10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Meat Lasagna		Pork or Halal Chicken Sausages		Roast Chicken Roasted Marinated Chicken Thigh		Mac n Cheese Really Cheesy Macaroni Pasta		Fish Fingers Breaded Pollock Fish Fingers (Salmon Or Pollock)		
 								 		
Vegetarian Lasagna		Veggie Sausages		Vegetable Pie		Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice		Veggie nuggets		
 						  				
SIDES	Mixed salad	Mash Potatoes, Peas & Sweetcorn		Roasted Potatoes, Broccoli & Gravy		Green Beans		Chips & Baked Beans		
PENNE PASTA WITH	Homemade Tomato Sauce	Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		
	  			  				  		
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >										
Jammy Crumble Slice		Fruit Bowls		Vanilla Ice Cream Cup		Jelly & Fruit Slices		Rainbow Shortbreads		
		  				  				
SEASONAL VEGETABLES, 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