

# Lunch Menu

Week  
1



w/c: 24/02, 17/03, 07/04, 28/04, 19/05, 09/06, 30/06, 21/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brazilian Coconut Chicken Curry</b> Served with Wholegrain Rice & Sweetcorn	<b>Margherita Pizza</b> Served with Baked Potato Wedges and Coleslaw or Peas	<b>Roast Gammon</b> Served with Crispy Roasties, Broccoli & Gravy	<b>Mexican Chicken Meatballs</b> Served Whole Grain Pasta & Green Greens	<b>Golden Fish Fingers</b> Served with Chunky Chips and Baked Beans
<b>Chana Masala</b> Served with Wholegrain Rice & Sweetcorn	<b>Vegetable Supreme Pizza</b> Served with Garlic & Herb Wedges and Coleslaw or Peas	<b>Spring Vegetable Tart</b> Served with Crispy Roasties, Broccoli & Gravy	<b>Chow Mein Noodles</b> Served with Coconut Green Beans	<b>Curried Chickpea Fritters</b> Served with Chunky Chips and 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>
<b>Chocolate Cake and Custard</b>	<b>Jelly &amp; Fruit Slices</b>	<b>Apple Crumble Cake</b>	<b>Fruit Salad</b>	<b>Lemon Shortbread Biscuits</b>
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: 03/03, 24/03, 14/04, 05/05, 26/05, 16/06, 07/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Burger in a Bun</b> Served with Wholegrain Pasta Salad & Green Leaves	<b>Chicken Tikka Masala</b> Served with a Wholegrain Rice & Broccoli	<b>Roast Chicken</b> Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	<b>Margherita Pizza</b> Served with Baked Potato Wedges and Coleslaw or Peas	<b>Golden Fish Fingers (Salmon Or Pollock)</b> Served with Chunky Chips & Peas
	  	 		
 <b>Homemade Vegetarian Burger</b> Served with Pasta Salad & Side Salad	<b>Sweet Potato &amp; Lentil Dhal</b> Served with a Wholegrain Rice & Broccoli	<b>Spinach &amp; Cheese Swirl</b> Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	<b>Gnocchi, Cream Cheese, Courgettes &amp; Peas</b> Served with Mixed Salad	<b>Vegetable &amp; Bean Chilli</b> Served with Chunky Chips & 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>
  		  		  
				
<b>Chocolate Beetroot Brownie</b> 	<b>Vanilla Ice cream Pot</b>	<b>Fruit Bowls</b>  	<b>Blueberry &amp; Orange Traybake</b>	<b>Oat Cookie &amp; Melon Stick</b>   
<b>SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY</b>				

Icon  
Key



Added  
plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's  
Choice



Extra  
Protein Power



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# Lunch Menu

Week  
3



w/c: 10/03, 31/03, 21/04, 12/05, 02/06, 23/06, 14/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Sweet &amp; Sour Chicken</b> Served with Wholegrain Rice & Green Beans 	<b>Homemade Sausage Rolls</b> Served with Baked Potato Wedges & Baked Beans	<b>Roast Turkey</b> Served with Crispy Roasties, Carrots & Sweetcorn 	<b>Mac n Cheese with a Crispy Crumb Topping</b> Served with Broccoli	<b>Golden Fish Fingers</b> Served With Chunky Chips & Baked Beans 
 <b>Cheesy Lentil Lasagne</b> Served with & Side Salad 	<b>Homemade Cheese &amp; Onion Rolls</b> Served with Wedges & Baked Beans	<b>Baked Courgette &amp; Bean Gratin</b> Served with Crispy Roasties, Carrots & Sweetcorn 	<b>Curried Spring Vegetable Pilaf</b> Served with Raita & Broccoli 	<b>Crispy Vegetable Fingers</b> Served with Chunky 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>   
				
<b>Sticky Toffee Banana Cake</b>	<b>Fruit Bowls</b>  	<b>Lemon Jacks</b> 	<b>Lemon &amp; Peach Cake</b> 	<b>Chocolate Cookies</b> 
<b>SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY</b>				

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plant power



Wholemeal



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Oily fish



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Choice



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