

Lunch Menu

Week 1



W/C 13/04, 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 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		Crispy Cheese & Lentil Bake		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 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10

MONDAY Sweet & Sour Pork with Noodles 		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Cottage Pie Beef & Lentil Pie  		THURSDAY Butter Chicken Curry Mild Creamy Chicken Curry.  		FRIDAY Fish Fingers Breaded Pollock Fish Fingers 		
Chow Mein Noodles 		Veggie Delight Pizza Freshly Made Deep Pan Pizza		Shepherdless Pie Vegetable & Bean Pie    		Tikka Eat Curious Mild & Creamy Vegan Curry     		Cheese & Onion Quiche Fried Onion & Cheese Tart 		
SIDES	Green Cabbage	Baked Potato Wedges and Coleslaw or Salad		Garden Mash, Green Cabbage & Garden Peas		Wholegrain Rice & Broccoli		Chips & Baked Beans		SIDES
PENNE PASTA WITH	Homemade Tomato Sauce   	Nut Free Spinach & Basil Pesto 		Homemade Tomato Sauce   		Nut Free Spinach & Basil Pesto 		Homemade Tomato Sauce   		PENNE PASTA WITH
	< ----- 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 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

MONDAY Brazilian Coconut Chicken Mild Creamy Coconut Curry		TUESDAY Sausage roll Pork & Herb		WEDNESDAY Roast Gammon Roasted Gammon Joint		THURSDAY Mac n Cheese Really Cheesy Macaroni Pasta		FRIDAY Fish Fingers Breaded Pollock Fish Fingers (Salmon Or Pollock)	
 		  						 	
Sweet Potato & Chickpea Balti Lightly Spiced Indian Classic		Homemade Cheese & Tomato Turnover Puff Pastry Slice with Cheddar & Tomatoes		Cheesy Vegetable Bake Butternut Squash & Parsnip		Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice		Pitta Pockets Roasted Vegetables & Cheesy Pockets	
   						  			
SIDES Wholegrain Rice & Sweetcorn		Wedges & Baked Beans		Roasted Potatoes, Broccoli & Gravy		Green Beans		SIDES Chips & Baked Beans	
Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce	
  				  				  	
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Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut