











# YOUR LUNCH MENU!

## WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Pasta in a Creamy Sauce	Beef Hot Pot with Garlic Bread 	Roast Chicken served with Roast Potatoes & Gravy	Meat Feast Pizza	Fish Fingers & Chips 
Spinach & Lentil Dahl with Rice 	Vegetable Calzone 	Roasted Vegetarian Strips with Gravy & Roast Potatoes 	Margherita Pizza 	Spicy Bean Burger in a Bun with Chips 
Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad
Sweetcorn & Broccoli	Peas & Cauliflower	Carrots & Green Beans	Sweetcorn & Roasted Mediterranean Vegetables	Peas & Baked Beans
Peaches & Fruit Melba Sauce with Ice Cream	Yoghurt Bar	Oaty Apple & Berry Crumble with Custard	Orange Jelly & Fruits	Fresh Fruit Salad

## WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey & Ginger Vegetable Strips Stir Fry with Noodles	Kheema Beef Curry with Rice 	Roast Turkey served with Roast Potatoes & Gravy	Thai Red Chicken Curry with Rice	Battered Pollock with Chips & Homemade Tartar Sauce 
Quorn Paella 	Vegetarian Piri Piri Strips Wrap 	Macaroni Cheese 	Roasted Vegetable Pizza 	Quorn Frankfurter Hot Dog & Chips 
Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad
Carrots & Vegetable Medley	Green Beans & Cauliflower	Carrots & Green Cabbage	Sweetcorn & Broccoli	Peas & Baked Beans
Lemon Cheesecake Yoghurt	Yoghurt Bar	Pear & Mixed Berry Pie with Custard	Lemon Shortbread with Fruits	Frozen Toffee Yoghurt

## WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Spaghetti Bolognese 	Chicken Sausages with Mashed Potato & Gravy	Roast Beef served with Roast Potatoes & Gravy	Jerk Chicken & Rice Burrito	Breaded Pollock Fish & Chips 
Butterbean & Vegetable Tagine with Cous Cous 	Quorn Sausage with Mashed Potato & Gravy 	Roast Quorn with Roast Potatoes & Gravy 	Red Onion & Sweetcorn Pizza 	Cheese & Broccoli Quiche with Chips 
Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad
Carrots & Green Beans	Green Cabbage & Cauliflower	Carrots & Broccoli	Sweetcorn & Roasted Mediterranean Vegetables	Peas & Baked Beans
Peach Fool	Yoghurt Bar	Apple & Banana Cake with Custard	Strawberry Jelly & Ice Cream	Fresh Fruit Salad

### KEY



Vegetarian



Plant Based  
Vegan Friendly



MSC Fish



Organic

# YOUR LUNCH MENU!

## WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Egg Noodle Salad or Fry's Veggie Strips & Egg Noodle Salad	Egg Mayo, Cheese, Tuna Mayo, Cream Cheese & Cucumber or Houmous & Red Pepper Baguette (Halal Chicken Available)	Honey Roast Chicken or Cheddar Cheese, Tomato & Red Onion Tart	Egg Salad, Cheddar Cheese, Tuna Mayo, Cream Cheese & Cucumber or Houmous & Red Pepper Loaded & Folded Wrap	Flaked Tuna & Bean Penne Pasta Salad or Tomato & Mixed Bean Penne Pasta Salad with Herb Focaccia
Salad & Vegetable Sticks	Mixed Seasonal Salad	Potato & Chive Salad	Mixed Seasonal Salad	Salad & Vegetable Sticks
Oat Dream Cookie	Fruity Flapjack	Chocolate Sponge	Lemon Shortbread	Toffee Apple Muffin 'Traybake'
Fresh Seasonal Fruit	Yoghurt Pot	Fresh Seasonal Fruit	Yoghurt Pot	Fresh Seasonal Fruit

## WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked vegetable Samosa, Charred Naan Bread & Red Onion Salad	Egg Mayo, Cheese, Tuna Mayo, Cream Cheese & Cucumber or Houmous & Red Pepper Baguette (Halal Chicken Available)	Homemade Chicken & Bramley Apple Sausage Roll or Homemade Red Lentil & Vegetable Sausage Roll	Egg Salad, Cheddar Cheese, Tuna Mayo, Cream Cheese & Cucumber or Houmous & Red Pepper Loaded & Folded Wrap	Cajun Spiced Chicken or Spanish 'Tortilla' Omelette with Mexican Rice
Spiced Rice	Mixed Seasonal Salad	Coleslaw	Mixed Seasonal Salad	Salad & Vegetable Sticks
Winter Spice Shortbread	Vanilla Sponge	Cinnamon Biscuits	Chocolate Muffin	Chocolate Cracknell
Fresh Seasonal Fruit	Yoghurt Pot	Fresh Seasonal Fruit	Yoghurt Pot	Fresh Seasonal Fruit

## WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curried Chicken Rice Salad or Beany Rice Salad with Asian Bread	Egg Mayo, Cheese, Tuna Mayo, Cream Cheese & Cucumber or Houmous & Red Pepper Baguette (Halal Chicken Available)	Chicken & Sweetcorn Pasta Salad or Roast Vegetable & Bean Pasta Salad	Egg Salad, Cheddar Cheese, Tuna Mayo, Cream Cheese & Cucumber or Houmous & Red Pepper Loaded & Folded Wrap	Tomato & Cheese Pizza or Potato & Spring Onion Salad
Mixed Seasonal Salad	Asian Noodle Salad	Mixed Seasonal Salad	Salad & Vegetable Sticks	Coleslaw
Ginger Biscuit	Custard Biscuit	Vanilla Pretzel	Cinnamon Biscuits	Chocolate Oat Biscuits
Fresh Seasonal Fruit	Yoghurt Pot	Fresh Seasonal Fruit	Yoghurt Pot	Fresh Seasonal Fruit