

Lunch Menu

Week 1



w/c: 01/09, 22/09, 13/10,

MONDAY Mediterranean Chicken Served with Khobez Bread & Roasted Vegetables	TUESDAY Homemade Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas	WEDNESDAY Roast Gammon Served with Crispy Roasties, Broccoli & Gravy	THURSDAY Lamb Jollof Rice Served with a Crunchy Slaw	FRIDAY Golden Fish Fingers Served with Chips & Baked Beans
 Vegetable Tagine Served with Khobez Bread & Roasted Vegetables	Homemade Pizza al a Pesto Served with Baked Potato Wedges and Coleslaw or Peas	Carrot & Stuffing Plait Served with Crispy Roasties, Broccoli & Gravy	Sweet Potato & Black Bean Curry Served with Steamed Rice & Crunchy Slaw	Roasted Vegetable Pitta Pockets Served with Chips & Baked Beans 
Penne Pasta with Nut free Spinach and Basil Pesto   	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce   	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce   
Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 
Apple Crumble Cake	Jelly & Fruit Slices	Carrot & Cinnamon Cookies	Fruit Salad	Hob Nob Biscuit 50/50 Wholemeal

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: 08/09, 29/09, 20/10,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Char Sui Pork Served with Noodles & Green Cabbage	Homemade Pizza Margherita Served with Paprika Wedges & Coleslaw	Chicken, Sage & Onion Slice Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	Bombay Chicken Biryani Served with Wholegrain Rice & Broccoli	Golden Fish Fingers Served with Chips & Baked Beans
Chow Mein Noodles Served with Green Cabbage	Vegetable Supreme Pizza Served with Garlic & Herb Wedges and Coleslaw or Peas	Crispy Cheese & Lentil Bake Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	Malai Koftas (Paneer) Served with Wholegrain Rice & Broccoli	Sweet Potato, Leek & Cheese Quiche Served with Chips & Baked Beans
Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce
   Jacket Potato with Cheese or Baked Beans or Tuna Mayo	   Jacket Potato with Cheese or Baked Beans or Tuna Mayo	   Jacket Potato with Cheese or Baked Beans or Tuna Mayo	   Jacket Potato with Cheese or Baked Beans or Tuna Mayo	   Jacket Potato with Cheese or Baked Beans or Tuna Mayo
				
Vanilla Sprinkle Sponge	Watermelon Sticks	Chocolate Brick	Fruit Bowls	Oatie Cookie

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 3



w/c: 15/09, 06/10, 27/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tacos Served with Rainbow Rice & Sweetcorn	Homemade Sausage Rolls Served with Wedges & Baked Beans	Roast Chicken Thigh Served with Crispy Roasties, Carrots & Sweetcorn	Mac n Cheese with a Crispy Crumb Topping Served with Green Beans	Golden Fish Fingers (Salmon Or Pollock) Served With Chips & Garden Peas
 Eat Curious Tacos Served with Rainbow Rice & Sweetcorn	Homemade Cheese & Onion Rolls Served with Wedges & Baked Beans	Cheesy Root Veg Crumble Served with Carrots & Sweetcorn	Vegetable & Bean Chilli Served with Steamed Rice & Green Beans	 Vegetable Fingers Served with Chips & Baked Beans
Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce
  		  		  
Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo
				
Orange & Cinnamon Cake	Fruit Bowls	Vanilla Ice Cream Cup	Jelly & Fruit Slices	Polish Vanilla Cookies
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