

Lunch Menu

Week 1



W/C - 02/11, 23/11, 14/12, 04/01, 25/01, 15/02, 08/03

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken & Sweetcorn Pasta G-M 		Cheese & Tomato Pizza Slice G- M-So- E		Roast Gammon 		Chicken Tikka Curry Lamb & Green Lentils G 		Fish Fingers & Tomato Ketchup F- G	
Vegetarian Meatballs in Tomato Sauce G - M 		Cheesy Broccoli Pinwheels G- So - E - M 		Sweet Potato & Spinach Omelette E 		Sweet Potato & Chickpea Curry 		Vegetable Fingers & Tomato Ketchup G 	
Penne Pasta & Mixed Salad		Baked Potato Wedges & Coleslaw		Roasted Potatoes, Seasonal Veg & Gravy		Wholegrain Rice & Seasonal Veg		Oven Baked Chips & Peas	
Jacket Potato with a choice Toppings G - M - F - E 		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 		Pasta with Nut Free Spinach & Basil Pesto G - M		Jacket Potato with a choice Toppings G - M - F - E 		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	
Tuna Mayo Roll G-F-E 		Ham Roll G 		Egg Roll G-E		Cheese Roll G-M		Tuna Mayo Roll G-F-E 	
Fruit Salad 		Pineapple Sponge & Custard G E M 		Apple & Blueberry FlapJacks G 		Jelly & Fruit Slices 		Chocolate & Vanilla Shortbread G 	
SEASONAL VEGETABLES, SALAD, 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

Allergen Key

F Fish

E Eggs

Cr Crustaceans

G Gluten

Mu Mustard

Mo Molluscs

Se Sesame

L Lupin

P Peanuts

M Milk

N Tree Nuts

Ce Celery

Sd Sulphur Dioxide

So Soya

U Unknown Allergen

Allergen icons are correct at the time of printing. Please inform staff of any allergies or dietary requirements before ordering, as ingredients and preparation methods may vary.

Lunch Menu

Week 2



W/C - 09/11, 30/11, 21/12, 11/01, 01/02, 22/02, 15/03

SIDES

SIDES

MONDAY

Curried Chicken &
Yellow Rice



TUESDAY

Cheese & Tomato Pizza
Twists
G- M-E-SO

WEDNESDAY

Roast Chicken
Thigh



THURSDAY

Sticky Chicken
G-SO-Sd



FRIDAY

Fish Fingers
Breaded Pollock or Salmon Fish
Fingers
F-G



Vegetarian Tikka Masala
with Rice
M



Pizza al Pesto
Freshly made deep pan Pizza
G- So-E-M



Cheesy Vegetable Bake
G-M



Courgette Katsu
& Mild Curry Sauce
G-So-E-M
Ce-Mu



Cheese & Onion Quiche
G-M-E



Served With Seasonal Veg

Baked Potato Wedges and
Coleslaw or Salad
E

Roasted Potatoes, Seasonal
Veg

Steamed Rice &
Seasonal Veg

Chips & Baked Beans

Pasta with Homemade
Tomato Sauce (Red lentils & Veg)
G



Jacket Potato with a choice
Toppings
G - M--F-E



Pasta with Nut Free
Spinach
& Basil Pesto
G-M

Jacket Potato with a choice
Toppings
G - M-F-E



Tuna Mayo Roll
G-F-E



Ham Roll
G



Egg Roll
G-E

Cheese Roll
G-M

Tuna Mayo Roll
G F E



Fruit Bowls



Vanilla Sprinkle Sponge
G-E-M

Apple Crumble &
Custard
G-M



Watermelon Sticks



Shortbread Sticks
G



SEASONAL VEGETABLES, SALAD, 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

Allergen Key

F Fish

E Eggs

Cr Crustaceans

G Gluten

Mu Mustard

Mo Molluscs

Se Sesame

L Lupin

P Peanuts

M Milk

N Tree Nuts

Ce Celery

Sd Sulphur
Dioxide

So Soya

U Unknown
Allergen

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Lunch Menu

Week 3



W/C - 16/11, 07/12, 28/12, 18/01, 08/02, 01/03, 22/03

SIDES

SIDES

MONDAY

**Cheesy Macaroni
Pasta Bake**
G- M-Mu

TUESDAY

Chicken Sausage Roll
GL-Eg

WEDNESDAY

Roast Chicken

THURSDAY

BBQ Chicken
With Chickpeas

FRIDAY

Fish Fingers
Breaded Pollock Fish Fingers
(Salmon Or Pollock)
F-G

Vegetable Chilli
Spiced Vegetable & Bean Chilli &
Rice
M

**Cheese & Onion Roll
in a Roll**
GL-Mi-M

Parsnip & Apple Slice
G

BBQ Beans & Vegetables

**Carrot & Chickpea
Nuggets**
M-G

Seasonal Veg

Wedges & Baked Beans

Roasted Potatoes, Seasonal Veg

Wholegrain Rice &
Cucumber Sticks

Chips & Sweetcorn

**Pasta with Homemade
Tomato Sauce** (Red lentils & Veg)
G

Jacket Potato with a choice
Toppings
G - M-F-E

**Pasta with Nut Free
Spinach
& Basil Pesto**
G-M

Jacket Potato with a choice
Toppings
G-M-F-E

**Pasta with Homemade
Tomato Sauce**
G

Tuna Mayo Roll
G- F-E

Ham Roll
G

Egg Roll
G-E

Cheese Roll
G- M

Tuna Mayo Roll
G-F-E

Fruit Bowls

Peach Custard Cake
G-E-M

Chocolate Crispy Cake
G-So-M

Jelly & Fruit Slices

**Carrot & Cinnamon
Cookies**
G-E-M

SEASONAL VEGETABLES, SALAD, 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

Allergen Key

F Fish

E Eggs

Cr Crustaceans

G Gluten

Mu Mustard

Mo Molluscs

Se Sesame

L Lupin

P Peanuts

M Milk

N Tree Nuts

Ce Celery

Sd Sulphur
Dioxide

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