

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



Jacket Potato
with Cheese or Baked Beans or Tuna Mayo



Penne Pasta with Homemade Tomato Sauce



Jacket Potato
with Cheese or Baked Beans or Tuna Mayo



Penne Pasta with Homemade Tomato Sauce



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 
Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Penne Pasta with Nut free Spinach and Basil Pesto	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Penne Pasta with Nut free Spinach and Basil Pesto	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   	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Penne Pasta with Homemade Tomato Sauce   	Jacket Potato with Cheese or Baked Beans or Tuna Mayo 	Penne Pasta with Homemade Tomato Sauce   
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