

Lunch Menu

Week 1



W/C 07/09, 28/09, 19/10

MONDAY

BBQ Chicken Wraps
With Rice

TUESDAY

Margherita Pizza
Freshly Made Deep Pan
Pizza served with wedges

WEDNESDAY

Roast Chicken
Roasted Marinated
Chicken Thigh

THURSDAY

Swedish Meatballs
Chicken & Vegetable
Meatballs served with mash

FRIDAY

Fish Fingers
Breaded Pollock Fish
Fingers



Vegetable Enchiladas
Cheesy baked wraps

Mac 'n' Cheese
Really Cheesy
Macaroni Pasta

**Crispy Cheese & Lentil
Bake**

Swedish Meatballs
Vegetable Meatballs served
with mash

Vegetable Fingers
Crispy Breaded
Vegetable Fingers



Rice & Mixed Salad

Coleslaw

Roast Potatoes, Carrots &
Sweetcorn

Creamy Mash &
Green Beans

Chips &
Baked Beans

Jacket Potato with Cheese ,Baked Beans or Tuna Mayo

Pasta & Tomato Sauce

½ Baguette with
cheese ham or tuna
mayo

½ Baguette with
cheese ham or tuna
mayo

½ Baguette with
cheese ham or tuna
mayo

Apple Sponge



Jelly & Fruit Slices



**Carrot & Cinnamon
Cookies**

Fruit Salad



**Chocolate & Vanilla
Shortbread**

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY. UNLIMITED SALAD AND BREAD BAR ALSO 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 24/08, 14/09, 05/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butter Chicken Curry Mild Creamy Chicken Curry	Margherita Pizza Freshly Made Deep Pan Pizza served with wedges	Roast Chicken Roasted Marinated Chicken Thigh	Pork Sausages With Rich gravy	Fish Fingers Breaded Pollock Fish Fingers
 Tikka Eat Curious Mild & Creamy Vegan Curry	Veggie bean chilli Wholegrain rice	Cauliflower Cheese Bake	Veggie Sausages With Rich Gravy	Vegetable Fingers Crispy Breaded Vegetable Fingers 
Wholegrain rice & Green Cabbage	Green Cabbage	Gravy, Roast Potatoes Carrots & Green Beans	Creamy Mash & Mixed Vegetables	Chips & Baked Beans
Jacket Potato with Cheese ,Baked Beans or Tuna Mayo				
Pasta & Tomato Sauce				
½ Baguette with cheese ham or tuna mayo		½ Baguette with cheese ham or tuna mayo	½ Baguette with cheese ham or tuna mayo	
Vanilla Sprinkle Sponge	Watermelon Sticks 	Chocolate Crispy Cake	Fruit Salad 	Apple Flapjack 

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY. UNLIMITED SALAD AND BREAD BAR ALSO 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 31/08, 21/09, 12/10

MONDAY

Char sui pork
Served with noodles

TUESDAY

Homemade Sausage Roll
Chicken, Sage & Onion Roll

WEDNESDAY

Roast Gammon
Roasted Gammon Joint

THURSDAY

Beef & Lentil Bolognese
Served with pasta

FRIDAY

Fish Fingers
Breaded Pollock or Salmon
Fish Fingers



Veggie Chow Mein
Served with noodles

Homemade Cheese & Tomato Turnover
Puff Pastry Slice with
Cheddar & Tomatoes

Crispy Cheese & Lentil Bake

Veggie Meatball
Pasta bake

Vegetable Fingers
Crispy Breaded
Vegetable Fingers



Peas &
Sweetcorn

Served with Wedges
& Green Salad

Roast Potatoes
& Broccoli

Coleslaw & Homemade
Garlic Bread

Chips & Peas

Jacket Potato with Cheese ,Baked Beans or Tuna Mayo

Pasta & Tomato Sauce

½ Baguette with
cheese ham or tuna
mayo

½ Baguette with
cheese ham or tuna
mayo

½ Baguette with
cheese ham or tuna
mayo

Jammy Slice

Watermelon Sticks



**Vanilla
Ice Cream Cup**

Jelly & Fruit Slices



Rainbow Shortbreads

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY. UNLIMITED SALAD AND BREAD BAR ALSO 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