

Lunch Menu

Week One



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cheese & Tomato Pizza Slice G- M-So- E		Chicken & Sweetcorn Pasta G-M  		Roast Gammon 		Chicken Tikka Curry G   		Chicken Nuggets & Tomato Ketchup G	
Cheesy Pinwheels G- So - E - M   		Vegetarian Meatballs in Tomato Sauce Pasta G -M 		Vegetable Pie & Root Veg Mash 		Sweet Potato & Chickpea Curry    		Vegetable Fingers & Tomato Ketchup G  	
Baked Potato Wedges Salad Bar		Mixed Salad		Roasted Potatoes, Seasonal Veg & Gravy		Wholegrain Rice & Seasonal Veg		Chips & Peas or Beans	
Jacket Potato with a choice Toppings G - M - F - E		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 		Jacket Potato with a choice Toppings G - M - F - E		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 		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 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 Two



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cheese & Tomato Pizza Twists G- M-E-SO		Curried Chicken & Yellow Rice   		Roast Chicken  		Sticky Chicken Chinese honey glaze  		Fish Fingers Breaded Pollock or Salmon Fish Fingers F-G 	
Veggie Delight Pizza Freshly made deep pan Pizza G- So-E-M 		Vegetarian Tikka Masala with Rice M   		Cheesy Vegetable Bake G-M  		Mild Veggie Fruity Curry G-So-E-M Ce-Mu   		Cheese & Onion Quiche G-M-E 	
Baked Potato Wedges and Coleslaw or Salad		Served With Seasonal Veg		Roasted Potatoes, Seasonal Veg		Steamed Rice & Seasonal Veg		Chips & Peas or Beans	
Jacket Potato with a choice Toppings G - M--F-E		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 		Jacket Potato with a choice Toppings G - M--F-E		Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 		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 	

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Lunch Menu

Week Three



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunchy Topped Macaroni Cheese G- M-Mu	Homemade Sausage Roll GL-Eg	Roast Chicken  	BBQ Chicken With Chickpeas 	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 	Roasted Veg Pitta G 	BBQ Beans & Vegetables   	Veggie Carrot & Chickpea Nuggets M-G   
Seasonal Veg	Wedges & Baked Beans	Roasted Potatoes, Seasonal Veg	Wholegrain Rice & Cucumber Sticks	Chips & Peas or Beans
Jacket Potato with a choice Toppings G - M-F-E	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	Jacket Potato with a choice Toppings G - M-F-E	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G 	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   	Peach Custard Cake G-E-M 	Chocolate Crispy Cake G-So-M	Jelly & Fruit Slices  	Cinnamon Cookies G-E-M  
SEASONAL VEGETABLES, SALAD, BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY				

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Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



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