

Lunch Menu

Week 1



W/C 13/04, 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10

	MONDAY Mexican Chicken Tacos Chicken & Rice 	TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza	WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh 	THURSDAY Swedish Meatballs Chicken & Vegetable Meatballs	FRIDAY Fish Fingers Breaded Pollock Fish Fingers 	
VEGETABLES	Vegetable Enchiladas Cheesy baked wraps 	Pizza al Pesto Freshly made deep pan Pizza	Crispy Cheese & Lentil Bake 	Vegan Swedish Meatballs Homemade Veggie Meatballs 	Veggie Nuggets Crispy Breaded Vegetarian Nuggets 	
SIDES	Rice & Mixed Salad	Baked Potato Wedges & Coleslaw or Salad	Roasted Potatoes, Carrots & Sweetcorn	Creamy Mash & Green Beans	Chips & Baked Beans	SIDES
	Jacket Potato Cheese, Baked Beans or Tuna Mayo 	Penne Pasta Homemade Tomato Sauce 	Cheese or Tuna Baguette	Jacket Potato Cheese, Baked Beans or Tuna Mayo 	Penne Pasta Nut Free Spinach & Basil Pesto 	
	Apple Sponge & Custard 	Jelly & Fruit Slices 	Carrot & Cinnamon Cookies 	Fruit Salad 	Chocolate & Vanilla Shortbread 	
SEASONAL VEGETABLES, 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 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10

	MONDAY Sweet & Sour Pork with Noodles 	TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza	WEDNESDAY Cottage Pie Beef & Lentil Pie 	THURSDAY Butter Chicken Curry Mild Creamy Chicken Curry. 	FRIDAY Fish Fingers Breaded Pollock Fish Fingers 	
Chow Mein Noodles 	Veggie Delight Pizza Freshly Made Deep Pan Pizza	Shepherdless Pie Vegetable & Bean Pie 	Tikka Eat Curious Mild & Creamy Vegan Curry 	Cheese & Onion Quiche Fried Onion & Cheese Tart		
SIDES Green Cabbage	Baked Potato Wedges and Coleslaw or Salad	Garden Mash, Green Cabbage & Garden Peas	Wholegrain Rice & Broccoli	Chips & Baked Beans SIDES		
Jacket Potato Cheese, Baked Beans or Tuna Mayo 	Penne Pasta Homemade Tomato Sauce 	Tuna mayo or Egg Baguette	Jacket Potato Cheese, Baked Beans or Tuna Mayo 	Penne Pasta Nut Free Spinach & Basil Pesto 		
Vanilla Sprinkle Sponge 	Watermelon Sticks 	Chocolate Bricks	Fruit Bowls 	Apple Flapjack 		
SEASONAL VEGETABLES, 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 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

MONDAY Chicken Tikka Biryani Mild Chicken Curry		TUESDAY Beef Smashburger Beef & Bean Burgers in a Roll		WEDNESDAY Roast Gammon Roasted Gammon Joint		THURSDAY Mac n Cheese Really Cheesy Macaroni Pasta		FRIDAY Fish Fingers Breaded Pollock Fish Fingers (Salmon Or Pollock)			
 		  						 			
Sweet Potato & Chickpea Balti Lightly Spiced Indian Classic		Vegetarian Sausages		Cheesy Vegetable Bake Butternut Squash & Parsnip		Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice		Pitta Pockets Roasted Vegetables & Cheesy Pockets			
   						  					
SIDES	Wholegrain Rice & Sweetcorn		Wedges & Baked Beans		Roasted Potatoes, Broccoli & Gravy		Green Beans		Chips & Baked Beans		SIDES
	Jacket Potato Cheese, Baked Beans or Tuna Mayo 		Penne Pasta Nut Free Spinach & Basil Pesto 		Tuna mayo or Egg Baguette		Jacket Potato Cheese, Baked Beans or Tuna Mayo 		Penne Pasta Homemade Tomato Sauce   		
	Jammy Crumble Slice 		Fruit Bowls   		Vanilla Ice Cream Cup		Jelly & Fruit Slices   		Rainbow Shortbreads 		
SEASONAL VEGETABLES, 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