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
	Cheese & Tomato Pizza Slice G- M-So- E	**Chicken & Sweetcorn Pasta** G-M	**Roast Gammon**	**Fish Fingers** & Tomato Ketchup F- G	**Lamb Curry** Lamb & Green Lentils G
	Cheesy Broccoli Pinwheels G- So - E - M	**Vegetable Meatballs in Tomato Sauce** G -M	**Sweet Potato & Spinach Omelette** E	**Vegetable Fingers** & Tomato Ketchup G	**Vegan Biryani** G
SIDES	Baked Potato Wedges & Coleslaw	Penne Pasta & Mixed Salad	Roasted Potatoes, Seasonal Veg & Gravy	Oven Baked Chips & Peas	Wholegrain Rice & Seasonal Veg
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Jacket Potato with a choice Toppings G-M-F-E	**Jacket Potato** with a choice Toppings G-M-F-E	**Jacket Potato** with a choice Toppings G-M-F-E	**Jacket Potato** with a choice Toppings G-M-F-E	**Jacket Potato** with a choice Toppings G-M-F-E
	Tuna,Ham or Cheese Roll G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M
	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 Dioxode · 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheese & Tomato Pizza Twists G- M-E-SO	**Curried Chicken & Yellow Rice**	**Roast Chicken**	**Fish Fingers** Breaded Pollock or Salmon Fish Fingers F-G	**Sticky Chicken** G-SO-Sd
	Pizza al Pesto Freshly made deep pan Pizza G- So-E-M	**Eat Curious Tikka Masala with Rice** M	**Cheesy Vegetable Bake** G-M	**Cheese & Onion Quiche** G-M-E	**Courgette Katsu & Mild Curry Sauce** G-So-E-M Ce-Mu
SIDES	Baked Potato Wedges & Coleslaw or Salad	Served With Seasonal Veg	Roasted Potatoes, Seasonal Veg	Chips & Baked Beans	Steamed Rice & Seasonal Veg
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Pasta with Homemade Tomato Sauce** G	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Jacket Potato with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E
	Tuna,Ham or Cheese Roll G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M	**Tuna,Ham or Cheese Roll** G-F-E G G-M
	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 3

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheesy Macaroni Pasta Bake G- M-Mu	**Beef Burger In a Roll** GL-So-Se	**Cottage Pie** G- M	**Fish Fingers** Breaded Pollock Fish Fingers **(Salmon Or Pollock)** F-G	**BBQ Chicken** With Chickpeas
	Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice M	**Vegetable Burger in a Roll** G-Se	**Parsnip & Apple Slice** G	**Carrot & Chickpea Nuggets** M-G	**BBQ Beans & Vegetables**
SIDES	Seasonal Veg	Wedges & Baked Beans	Roasted Potatoes, Seasonal Veg	Chips & Sweetcorn	Wholegrain Rice & Cucumber Sticks
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Pasta with Homemade Tomato Sauce** G	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Pasta with Homemade Tomato Sauce** G
	Jacket Potato with a choice Toppings G - M-F-E **Tuna,Ham or Cheese Roll** G-F-E G G-M	**Jacket Potato** with a choice Toppings G - M-F-E **Tuna,Ham or Cheese Roll** G-F-E G G-M	**Jacket Potato** with a choice Toppings G - M-F-E **Tuna,Ham or Cheese Roll** G-F-E G G-M	**Jacket Potato** with a choice Toppings G - M-F-E **Tuna,Ham or Cheese Roll** G-F-E G G-M	**Jacket Potato** with a choice Toppings G - M-F-E **Tuna,Ham or Cheese Roll** G-F-E G G-M
	Fruit Bowls	**Peach Custard Cake** G-E-M	**Chocolate Crispy Cake** G-So-M	**Jelly & Fruit Slices**	**Carrot & Cinnamon Cookies** G-E-M

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