

LUNCH

Week 1



w/c – 31/08, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza (V) Homemade wholemeal pizza topped with tomato sauce & cheese.	Southern Baked Chicken Lightly dusted chicken, oven-roasted with a blend of gentle spices.	BBQ Chicken Chicken cooked in a smoky BBQ sauce.	Chicken & Vegetable Hotpot (New) Chicken and vegetables in gravy, topped with thin slices of potato and baked until golden.	Fish & Chip Bap (New) Golden fish fingers & chips, served in a soft white roll.
MAIN 2	BBQ No Chicken & Sweetcorn Pizza (V) (New) Homemade wholemeal pizza topped with tomato sauce, cheese, corn & vegetarian 'chicken' pieces.	Chilli Bean Stack (VE) Mexican-spiced beans in tomato sauce, layered between tortilla wraps and baked until golden.	Veg Quiche (V) Golden pastry filled with vegetables, egg and cheese.	Shepherdess Pie (VE) Vegetarian filling in rich gravy, topped with creamy mashed potato and baked until golden.	BBQ Bean and Cheese Pasty (V) Puff pastry filled with BBQ baked beans and melted cheese.
CARB	Tomato Pasta Salad	Boiled Rice	Skin on Roasties	Mash	Chips
VEG	Broccoli	Green Beans	Garlic Autumn Greens	Roasted Corn	Baked Beans / Peas
3 rd OPTION	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato
DESSERT	Chococaramel Mousse (V)	Pear & Ginger Cake (VE)	Autumn Crumble & Custard (V)	Lemon Drizzle Flapjack (VE)	Ice Cream (V)
AVAILABLE DAILY: Fresh fruit, jelly or yogurt, homemade bread and freshly made salad.					

MENU KEY

VE Vegan and Planet Friendly

V Vegetarian

New New Dish



Quorn



LUNCH

Week 2



w/c 07/09, 28/09, 19/10, 9/11, 30/11, 21/12, 11/01, 01/02, 22/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Mac n' Cheese (V) Macaroni pasta in a creamy cheese sauce.	Chicken Curry Chicken slow-cooked in a mild Indian-spiced sauce.	Roast Chicken Oven-roasted chicken dinner.	Pasta Bolognese Pasta served with a rich Italian bolognese sauce.	Fish Fingers Golden crispy crumb coated fish sticks.
MAIN 2	Pasta Arriabatta (VE) Pasta served with a spiced tomato sauce.	Sweet Potato & Chickpea Curry (VE) Sweet potato and chickpeas in a mild Indian-spiced sauce.	Root Veg and Bean Pie (VE) (New) Beans and root vegetables in a rich gravy, topped with a golden pastry lid.	Spaghetti and Meatless Balls (VE) Vegetarian meatballs in tomato sauce, served with spaghetti.	Veggie Burger (VE) (New) Homemade chickpea veggie burger in a soft white bun.
CARB	---	Turmeric Rice	Skin On Roasties	Garlic Bread	Chips
VEG	Sweetcorn	Garden Peas	Roasted Carrots	Crispy Broccoli	Baked Beans /Peas
3 RD OPTION	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato
DESSERT	Lemon and Oat Cookie (VE)	Pear Upside Down Pudding (V)	Apple Flapjack Crumble (VE)	Fruit Jelly (V)	Shortbread (VE)
AVAILABLE DAILY: Fresh fruit, jelly or yogurt, homemade bread and freshly made salad.					

MENU KEY

VE Vegan and Planet Friendly

V Vegetarian

New New Dish



LUNCH

Week 3



w/c 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01, 08/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza (V) Homemade wholemeal pizza topped with tomato sauce & cheese	Cheeseburger Salad Salad bowl topped with crumbled beef, croutons & cheese sauce.	Lemon and Garlic Chicken Oven-roasted chicken marinated in lemon and garlic.	Chicken Katsu Noodles (New) Crispy baked chicken served with noodles and mild curry sauce.	Fish Fingers Golden crispy crumb coated fish sticks.
MAIN 2	BBQ No chicken and Sweetcorn Pizza (V) (New) Homemade wholemeal pizza topped with tomato sauce, cheese, corn & vegetarian 'chicken' pieces.	Plant Cheeseburger Salad (V) Salad bowl topped with plant-based mince, croutons and creamy cheese sauce.	Veg Tacos (VE) Fresh vegetables in a spiced tomato sauce, served on a soft flour tortilla.	Veggie Katsu Noodles (VE) (New) Plant-based 'chicken' pieces with stir-fried noodles and veggie in a Japanese curry sauce.	Teriyaki Plantballs (VE) (New) Plant-based meatballs in a sticky Asian teriyaki sauce.
CARB	Tomato Pasta Salad	Potato Wedges	Skin On Roasties	Lemon and Herb New Potatoes	Chips
VEG	Peas and Sweetcorn	BBQ Beans	Cabbage and Carrots	Garlic Roasted Broccoli	Baked Beans / Peas
3 RD OPTION	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato	Pasta & Jacket Potato
DESSERT	Chocolate Swirl Shortbread (VE) (New)	Coconut and Lime Cake (VE)	Autumn Fruit Sponge (V)	Apple & Cinnamon Pinwheel (V)	Ice Cream (V)
AVAILABLE DAILY: Fresh fruit, jelly or yogurt, homemade bread and freshly made salad.					

MENU KEY

VE Vegan and Planet Friendly

V Vegetarian

New New Dish

