

Week

<u>One</u>

10/11 01/12

22/12

19/01

09/02

02/03

23/03

17/11

08/12

29/12

05/01

26/01

16/02

09/03

30/03

Week

**Three** 

03/11

24/11

15/11

12/01

02/02

23/02

16/03

# Lunch Time Menu

## Monday

#### (V) Pasta in a Tomato & Basil sauce with Homemade Herby Bread

(V) Cook's Homemade Choice Pizza Oven Baked Diced Potatoes & Salad

Jacket Potato with Beans

Tuna Sandwich

#### **Tuesday**

Roast British Chicken with Roast Potatoes, Stuffing, Seasonal Veg and Gravy

(V) Quorn Roast with Roast Potatoes,Stuffing, Seasonal Veg and Gravy

Jacket Potato with Tuna

Cheese Sandwich

# Wednesday

Mexican Beef Chilli & Beans with Rainbow Rice & Salad

(V) Loaded Vegetable Quesadillas with Rainbow Rice & Salad

Jacket Potato with Cheese

Turkey Sandwich

#### **Thursday**

Chicken Curry with Mixed Rice & Naan Bread

(V) Vegetarian Curry with Mixed Rice & Naan Bread

Jacket Potato with Tuna

Ham Sandwich

# Friday

Crispy Salmon Fish Fingers with Oven Baked Chips & Baked Beans

(V) Protein Powered Crispy Nuggets with Oven Baked Chips & Baked Beans

Jacket Potato with Cheese

Tuna Sandwich

#### Monday

# Week Two (V) Cook's Homemade Choice Pizza with Herby Diced Potatoes &

Baked Beans
(V) Puff Pastry Cheese
Whirl with Oven Baked
Herby Diced Potatoes &

**Baked Beans** 

Jacket Potato with Beans

Tuna Sandwich

#### **Tuesday**

#### BBQ Pulled Pork Wrap with Sweetcorn & Homemade Coleslaw

(V) Vegetarian Lasagne with Wholemeal Bread & Salad

Jacket Potato with Tuna

**Turkey Sandwich** 

# Wednesday

#### Chicken Tikka Curry with Mixed Rice & Naan Bread

(V) Pasta in a Spicy Tomato Sauce with Homemade Dough Balls

Jacket Potato with Cheese

Ham Sandwich

# Thursday

#### British Beef Dinner with Mash Potatoes, Yorkshire Pudding, Seasonal Veg & Gravy

(V) Roast Quorn Fillet with Mash Potatoes, Yorkshire Pudding, Seasonal Veg & Gravy

Jacket Potato with Tuna

Cheese Sandwich

# Friday

Harry Ramsden's Crispy Fillet Of Fish with Oven Baked Chips & Baked Beans

(V) Quorn Dippers with Oven Baked Chips & Baked Beans

Jacket Potato with Beans

Tuna Sandwich

# **Monday**

#### (V) Plant Powered Meatballs with Pasta & Wholemeal Bread

(V) Cook's Homemade Choice Pizza with Oven Baked Herby Diced & Baked Beans

Jacket Potato with Cheese

Tuna Sandwich

# Tuesday

Roast Chicken with Roast Potatoes, Seasonal Veg & Gravy

(V) Pasta in a Tomato Sauce with Homemade Dough Balls

Jacket Potato with Beans

Cheese Sandwich

#### Wednesday

#### Mini Brunch: Pork Sausage, Omelette, Hash Brown, Baked Beans & Tomato

(V) Mini Brunch: Vegetarian Sausage, Omelette, Hash Brown, Baked Beans & Tomato

Jacket Potato with Tuna

Ham Sandwich

## Thursday

# Chicken & Vegetable Pie with Roast Potatoes

(V) Cheese & Baked Bean Puff Pastry Parcel with Mash Potatoes & Seasonal Veg

Jacket Potato with Cheese

Turkey Sandwich

# Friday

#### Young's Fish Fingers with Oven Baked Chips & Baked Beans

(V) Crispy Vegetable Burger with Oven Baked Chips & Baked Beans

Jacket Potato with Beans

Tuna Sandwich



Available daily: bread basket, salad bar, main pudding, yogurt and a freshly prepared selection of fruit and water.

All our menus are compliant with the School Food Standards - we only serve farm assured meat MCS fish and free range eggs. Lo-Salt is always used as well as low fat milk and yogurts - we have reduced our sugar by 10% in our recipes. If you do require advice regarding allergens, please contact the Unit Catering Manager.

