

## Lunch Menu – Week 1

September 2023

| Week 1                                                                                           | Monday                                                                                                                                          | Tuesday                                                                                                                                         | Wednesday                                                                                                                                       | Thursday                                                                                                                                        | Friday                                                                                                                                          |
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| <b>Man Meal 1</b><br>Halal<br>All main meals come with free veg or side salad                    | Chinese Chicken with Rice in a warm Tortilla wrap                                                                                               | Minced Beef Hot Pot with a Bread Roll                                                                                                           | Turkey and Stuffing with New Potatoes and Gravy                                                                                                 | Cod Fish Fingers With Mashed Potatoes and Bread Roll                                                                                            | Beef Burger in a Bun with chips                                                                                                                 |
| <b>Man Meal 2</b><br>Halal<br>All main meals come with free veg or side salad                    | Chinese Vegetables with Rice in a warm Tortilla wrap                                                                                            | Vegetable Hot Pot with a Bread Roll                                                                                                             | Cheese Quiche With New Potatoes                                                                                                                 | Vegetable Fingers With Mashed Potatoes And Bread Roll                                                                                           | Cheese and Tomato Pizza with chips                                                                                                              |
| <b>Hot snacks</b><br>Halal<br>All main meals come with free veg or side salad                    | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham or Jacket Potato with Beans, Tuna Mayo, or Cheese Or Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham or Jacket Potato with Beans, Tuna Mayo, or Cheese Or Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham or Jacket Potato with Beans, Tuna Mayo, or Cheese Or Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham or Jacket Potato with Beans, Tuna Mayo, or Cheese Or Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham or Jacket Potato with Beans, Tuna Mayo, or Cheese Or Pasta with a Herby Tomato Sauce |
| <b>Sides</b>                                                                                     | Sweetcorn Salad<br>Baked beans                                                                                                                  | Green Beans Salad<br>Baked beans                                                                                                                | Carrots and Peas Salad<br>Baked beans                                                                                                           | Mixed Vegetables Salad<br>Baked beans                                                                                                           | Garden Peas Salad<br>Baked beans                                                                                                                |
| <b>Sweet treats</b>                                                                              | Homemade biscuit, Yoghurt or Fresh Fruit                                                                                                        | Homemade Flapjack Yoghurt or Fresh Fruit                                                                                                        | Homemade Biscuit, Yogurt or Fresh Fruit                                                                                                         | Homemade Cake and Custard, Yogurt or Fresh Fruit                                                                                                | Jam Doughnut, Yogurt or Fresh Fruit                                                                                                             |
| A selection of freshly made sandwiches and baguettes, and a selection of drinks available daily. |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                                                 |

## Lunch Menu – Week 2

September 2023

| Week 1                                                                        | Monday                                                                                                                                                                        | Tuesday                                                                                                                                                                       | Wednesday                                                                                                                                                                     | Thursday                                                                                                                                                                      | Friday                                                                                                                                                                        |
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| <b>Man Meal 1</b><br>Halal<br>All main meals come with free veg or side salad | Minced Beef Bolognaise<br>Pasta Bake<br>With Garlic Bread                                                                                                                     | Chicken Curry, Rice<br>With Pitta Bread                                                                                                                                       | Salmon and Sweet Potato<br>Fishcake<br>With Mashed Potato                                                                                                                     | Chilli Beef Enchiladas<br>With Rice                                                                                                                                           | Battered Chicken<br>on a Bread Roll<br>with Chips                                                                                                                             |
| <b>Man Meal 2</b><br>Halal<br>All main meals come with free veg or side salad | Minced Quorn Bolognaise<br>Pasta Bake<br>With Garlic Bread                                                                                                                    | Vegetable Curry, Rice<br>With Pitta Bread                                                                                                                                     | Vegetarian Sausage Roll<br>With mashed Potato                                                                                                                                 | Chilli Vegetable<br>Enchiladas<br>With Rice                                                                                                                                   | Cheese and Tomato Pizza<br>with Chips                                                                                                                                         |
| <b>Hot snacks</b><br>Halal<br>All main meals come with free veg or side salad | Hot Panini or Cold<br>Baguette with<br>Cheese, Tuna Mayo, or<br>Ham<br>or<br>Jacket Potato<br>with Beans, Tuna Mayo, or<br>Cheese<br>Or<br>Pasta with a Herby<br>Tomato Sauce | Hot Panini or Cold<br>Baguette with<br>Cheese, Tuna Mayo, or<br>Ham<br>or<br>Jacket Potato<br>with Beans, Tuna Mayo, or<br>Cheese<br>Or<br>Pasta with a Herby<br>Tomato Sauce | Hot Panini or Cold<br>Baguette with<br>Cheese, Tuna Mayo, or<br>Ham<br>or<br>Jacket Potato<br>with Beans, Tuna Mayo, or<br>Cheese<br>Or<br>Pasta with a Herby<br>Tomato Sauce | Hot Panini or Cold<br>Baguette with<br>Cheese, Tuna Mayo, or<br>Ham<br>or<br>Jacket Potato<br>with Beans, Tuna Mayo, or<br>Cheese<br>Or<br>Pasta with a Herby<br>Tomato Sauce | Hot Panini or Cold<br>Baguette with<br>Cheese, Tuna Mayo, or<br>Ham<br>or<br>Jacket Potato<br>with Beans, Tuna Mayo, or<br>Cheese<br>Or<br>Pasta with a Herby<br>Tomato Sauce |
| <b>Sides</b>                                                                  | Carrots<br>Salad<br>Baked beans                                                                                                                                               | Sweetcorn<br>Salad<br>Baked beans                                                                                                                                             | Mixed Vegetables<br>Salad<br>Baked beans                                                                                                                                      | Broccoli<br>Salad<br>Baked beans                                                                                                                                              | Garden Peas<br>Salad<br>Baked beans                                                                                                                                           |
| <b>Sweet treats</b>                                                           | Homemade Biscuit,<br>Yoghurt or Fresh Fruit                                                                                                                                   | Homemade Biscuit,<br>Yoghurt or Fresh Fruit                                                                                                                                   | Homemade Biscuit,<br>Yoghurt or Fresh Fruit                                                                                                                                   | Homemade Cake and<br>Custard,<br>Yoghurt or Fresh Fruit                                                                                                                       | Homemade Cake<br>Yoghurt or Fresh Fruit                                                                                                                                       |

A selection of freshly made sandwiches and baguettes,  
and a selection of drinks available daily.

## Lunch Menu – Week 3

September 2023

| Week 1                                                                        | Monday                                                                                                                                                      | Tuesday                                                                                                                                                     | Wednesday                                                                                                                                                   | Thursday                                                                                                                                                    | Friday                                                                                                                                                      |
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| <b>Man Meal 1</b><br>Halal<br>All main meals come with free veg or side salad | Chicken sausage, mashed potato and gravy with Bread roll                                                                                                    | Keema curry and rice with Pitta bread                                                                                                                       | Homemade meat and potato Pie, new potatoes and gravy with bread roll                                                                                        | Cheese whirl with Herby Potatoes                                                                                                                            | Battered fish in a bread roll with Chips                                                                                                                    |
| <b>Man Meal 2</b><br>Halal<br>All main meals come with free veg or side salad | Vegetable Sausage Mashed Potato and Gravy With Bread roll                                                                                                   | Vegetable Curry and Rice With Pitta bread                                                                                                                   | Homemade Quorn mince and potato pie, new potatoes and gravy with bread roll                                                                                 | Macaroni and Cheese with Herby Potatoes And Garlic bread                                                                                                    | Cheese and Tomato Pizza with Chips                                                                                                                          |
| <b>Hot snacks</b><br>Halal<br>All main meals come with free veg or side salad | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham<br>or<br>Jacket Potato with Beans, Tuna Mayo, or Cheese<br>Or<br>Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham<br>or<br>Jacket Potato with Beans, Tuna Mayo, or Cheese<br>Or<br>Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham<br>or<br>Jacket Potato with Beans, Tuna Mayo, or Cheese<br>Or<br>Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham<br>or<br>Jacket Potato with Beans, Tuna Mayo, or Cheese<br>Or<br>Pasta with a Herby Tomato Sauce | Hot Panini or Cold Baguette with Cheese, Tuna Mayo, or Ham<br>or<br>Jacket Potato with Beans, Tuna Mayo, or Cheese<br>Or<br>Pasta with a Herby Tomato Sauce |
| <b>Sides</b>                                                                  | Garden Peas Salad<br>Baked Beans                                                                                                                            | Broccoli Salad<br>Baked Beans                                                                                                                               | Mixed Vegetables Salad<br>Baked Beans                                                                                                                       | Carrots Salad<br>Baked Beans                                                                                                                                | Garden Peas Salad<br>Baked Beans                                                                                                                            |
| <b>Sweet treats</b>                                                           | Homemade biscuit, Yoghurt or Fresh Fruit                                                                                                                    | Flapjack, Yoghurt or Fresh Fruit                                                                                                                            | Homemade biscuit, Yoghurt or Fresh Fruit                                                                                                                    | Homemade Cake and Custard<br>Yoghurt or Fresh Fruit                                                                                                         | Chocolate muffins<br>Yoghurt or Fresh Fruit                                                                                                                 |

A selection of freshly made sandwiches and baguettes, and a selection of drinks available daily.