





















YOUR LUNCH MENU!

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Pasta in a Creamy Sauce 	Beef Hot Pot with Garlic Bread 	Roast Chicken served with Roast Potatoes & Gravy 	Meat Feast Pizza 	Fish Fingers & Chips 
Mozzarella & Tomato Puff Squares with Boiled Potatoes 	Roast Vegetable Calzone 	Cheese & Tomato Pasta Bake 	Margherita Pizza 	Spicy Bean Burger in a Bun with Chips 
Spinach & Lentil Dahl with Rice 	Chickpea & Mixed Vegetable Spicy Rice 	Roasted Soya Strips with Gravy & Roast Potatoes 	Vegetable Bean Chilli in a Jacket Potato 	Mexican Rice Wrap 
Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar
Sweetcorn & Broccoli	Peas & Cauliflower	Carrots & Green Beans	Sweetcorn & Roasted Mediterranean Vegetables	Peas & Baked Beans
Peaches & Fruit Melba Sauce with Ice Cream	Yoghurt Bar	Oaty Apple & Berry Crumble with Custard	Orange Jelly & Fruits	Fresh Fruit Salad

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey & Ginger Vegetable Strips Stir Fry with Noodles 	Kheema Beef Curry with Rice 	Roast Turkey served with Roast Potatoes & Gravy 	Thai Red Chicken Curry with Rice 	Battered Pollock with Chips & Homemade Tartar Sauce 
Quorn Paella 	Vegetable Lasagne 	Macaroni Cheese 	Roasted Vegetable Pizza 	Quorn Frankfurter Hot Dog & Chips 
Ratatouille in a Jacket Potato 	Vegetarian Piri Piri Strips Wrap 	Butterbean & Vegetable Pattie with Roast Potatoes 	Chickpea & Mixed Vegetable Balti with Rice 	Mixed Vegetable & Butterbean Ragu with New Potatoes 
Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar
Carrots & Vegetable Medley	Green Beans & Cauliflower	Carrots & Green Cabbage	Sweetcorn & Broccoli	Peas & Baked Beans
Lemon Cheesecake Yoghurt	Yoghurt Bar	Pear & Mixed Berry Pie with Custard	Lemon Shortbread with Fruits	Frozen Toffee Yoghurt

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Spaghetti Bolognese 	Chicken Sausages with Mashed Potato & Gravy 	Roast Beef served with Roast Potatoes & Gravy 	Jerk Chicken & Rice Burrito 	Breaded Pollock Fish & Chips 
Tuna Mayonnaise Wrap	Quorn Sausage with Mashed Potato & Gravy 	Roast Quorn with Roast Potatoes & Gravy 	Red Onion & Sweetcorn Pizza 	Cheese & Broccoli Quiche with Chips 
Butterbean & Vegetable Tagine with Cous Cous 	Vegetable & Lentil Bolognese in a Jacket Potato 	Goan Vegetable Curry with Rice 	Vegetable Hot Pot 	Jacket Potato with Salmon Mayonnaise
Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar	Fresh Bread/Daily Salad Bar
Carrots & Green Beans	Green Cabbage & Cauliflower	Carrots & Broccoli	Sweetcorn & Roasted Mediterranean Vegetables	Peas & Baked Beans
Peach Fool	Yoghurt Bar	Apple & Banana Cake with Custard	Strawberry Jelly & Ice Cream	Fresh Fruit Salad

KEY



Vegetarian



Plant Based
Vegan Friendly



Halal



MSC Fish