



LUNCH TIME MENU

Reduced Cholesterol Sausages

WEEK 1

- 01.04.24
- 22.04.24
- 13.05.24
- 03.06.24 (hols)
- 24.06.24
- 15.07.24
- 05.08.24
- 26.08.24 (hols)
- 16.09.24 & 07.10.24



MONDAY

- (v) Chilli & Wholegrain Rice
or
- (v) Meatballs with Tomato Sauce & Wholegrain Pasta
- Garden Peas & Sweetcorn
- (v) Jacket Potato & Baked Beans
- (v) Savoury Cheese Sandwich
- Arctic Roll & Fruit Sauce

TUESDAY

- Roast Pork & Gravy
or
- (v) Plant Power Veggie Roll
- Creamy Mash Potatoes & Carrot Batons
- Jacket Potato & Tuna Mayo
- Roast Ham Sandwich
- Cook's Choice Sponge

WEDNESDAY

- Reduced Fat Sausages & Gravy
or
- (v) Cook's Homemade Pizza
- Chips & Beans
- Jacket Potato & Grated Cheese
- Tuna Mayo Sandwich
- Golden Oat Cookie

THURSDAY

- Chicken Curry, Wholegrain Rice & Naan Bread
or
- (v) Cheese Fian & New Potatoes
- Diced Carrots & Garden Peas
- Jacket Potato & Baked Beans
- Egg Mayo Sandwich
- Jelly with Fruit Cocktail

FRIDAY

- Fish Fingers
or
- (v) Crispy Coated Golden Nuggets
- Potato Wedges & Baked Beans
- Jacket Potato & Grated Cheese
- Grated Cheese Sandwich
- Vanilla Shortbread

WEEK 2

- 08.04.24 (back on 10/04)
- 29.04.24
- 20.05.24
- 10.06.24
- 01.07.24
- 22.07.24 (hols)
- 12.08.24 (hols)
- 02.09.24
- 23.09.24

MONDAY

- (v) Wholegrain Pasta, Tomato Sauce & Wholemeal Bread
or
- (v) Stir Fry Vegetables with Sweet Chilli Sauce & Rice
- Mixed Garden Peas & Sweetcorn
- Jacket Potato & Baked Beans
- Grated Cheese Sandwich
- Chocolate & Orange Mousse

TUESDAY

- Roast Chicken Dinner
or
- (v) Cheese Latlice
- Fresh Broccoli, Cauliflower, Creamy Mash Potatoes
- Jacket Potato & Tuna Mayo
- Roast Ham Sandwich
- Blueberry Muffin

WEDNESDAY

- Beef Burger in a Bun & Potato Wedges
or
- (v) Hot Dog & Potato Wedges
- Baked Beans
- Jacket Potato & Grated Cheese
- Savoury Cheese Sandwich
- Cook's Choice Fruity Flapjack

THURSDAY

- Beef Lasagne with Crusty Wholemeal Bread
or
- (v) Mexican Mixed Vegetable Tortilla Wrap
- Seasonal Veg or Salad
- Jacket Potato & Baked Beans
- Tuna Mayo Sandwich
- Jam & Custard Tart

FRIDAY

- Crispy Seaside Salmon Fillet
or
- (v) Cheese & Tomato Pizza
- Chips & Garden Peas
- Jacket Potato & Beans & Cheese
- Egg Mayo Sandwich
- Chocolate Rice Crispy Cake

WEEK 3

- 15.04.24
- 06.05.24
- 27.05.24 (hols)
- 17.06.24
- 08.07.24
- 29.07.24 (hols)
- 19.08.24 (hols)
- 09.09.24
- 30.09.24

MONDAY

- (v) Tomato & Basil Pasta with Wholemeal Bread
or
- (v) Meatball Sub
- Garden Peas & Sweetcorn
- Jacket Potato & Grated Cheese
- Savoury Cheese Sandwich
- Strawberry Yoghurt & Fruit Sauce

TUESDAY

- Savoury Mince, Yorkshire Pudding & Gravy
or
- (v) Plant Power Sausages & Yorkshire Pudding
- Mash Potatoes, Carrot & Swede
- Jacket Potato & Tuna Mayo
- Roast Ham Sandwich
- Cook's Choice Cookie

WEDNESDAY

- Wholegrain Pasta Bolognese
or
- (v) Cheese & Tomato Pasta
- Baked Beans & Wholemeal Bread
- Jacket Potato & Grated Cheese
- Tuna Mayo Sandwich
- Cornflake Cake

THURSDAY

- BBQ Chicken & Cheese Melt with Mixed Rice
or
- (v) Vegetable Curry, Naan Bread & Wholegrain Rice
- Seasonal Vegetables
- Jacket Potato & Baked Beans
- Egg Mayo Sandwich
- Lemon Biscuit

FRIDAY

- Crispy Bartered Fish
or
- (v) Southern Fried Quorn Wrap
- Potato Wedges & Baked Beans
- Jacket Potato & Beans & Cheese
- Grated Cheese Sandwich
- Raspberry Bun



AVAILABLE DAILY: wholegrain bread basket, yoghurts, freshly prepared selection of fruit and fresh water – all our menus are compliant with the School Food Standards – we source as much of our products locally and where possible we source farm assured meats, MSC fish and free range eggs. Lo-Salt is always used as well as low fat milk and yoghurts – we have reduced sugar by 10% in all our recipes. If you require advice regarding allergens, please contact the unit catering manager.