

LUNCH TIME MENU

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 Flan & 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 (hols)
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 Veggie Noodles
~
Mixed Garden Peas & Sweetcorn
~
Jacket Potato & Baked Beans
~
Grated Cheese Sandwich
~
Chocolate & Orange Mousse

Tuesday

Roast Chicken Dinner
or
(v) Cheese Lattice
~
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) Wholegrain Mac N' Cheese
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 Battered 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.