

# LUNCH TIME MENU



## WEEK 1

**MENU DATES:** 26/08, 16/09, 07/10, 28/10, 18/11, 09/12, 30/12, 20/01, 10/02

Monday

Mexican Quorn Fajita Pasta & Crusty French Bread  
or  
Cheese & Onion Pie & Mashed Potatoes  
~  
Cauliflower & Broccoli  
~  
Today's Jacket Potato: Baked Beans - Today's Sandwich: Egg Mayo  
~  
Apple Crumble & Custard



Tuesday

British Roast Chicken, Sage & Onion Stuffing, Creamed Potatoes & Gravy  
or  
Linda McCartney Vegetarian Sausage, Creamed Potatoes & Gravy  
~  
Sliced Carrots & Cabbage  
~  
Today's Jacket Potato: Cheese - Today's Sandwich: Ham  
~  
Raspberry Bun

Wednesday

Red Tractor Pork Sausages, Bacon, Hash Brown & Baked Beans  
or  
Free Range Egg Omelette, Hash Brown & Baked Beans  
~  
Baked Beans & Mixed Vegetables  
~  
Today's Jacket Potato: Tuna Mayo - Today's Sandwich: Turkey  
~  
Homemade Rice Pudding

Thursday

Homemade Meat & Potato Pie with a Shortcrust Pastry Top  
or  
Special Quorn Rice (Biryani) & Naan Bread  
~  
Green Beans & Sweetcorn  
~  
Today's Jacket Potato: Baked Beans - Today's Sandwich: Cheese  
~  
Cook's Choice Cookie

Friday

Young's Crispy Fish Finger & Chips  
or  
Country Vegetable Bake & Chips  
~  
Garden Peas & Sweetcorn  
~  
Today's Jacket Potato: Cheese - Today's Sandwich: Tuna Mayo  
~  
Vanilla Sponge & Custard



**AVAILABLE DAILY:** Fresh wholemeal bread, salad bar, yoghurts, freshly prepared fruit salad and drinking water. All our menus are compliant with the school food standards – Low 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**





## WEEK 2

**MENU DATES:** 02/09, 23/09, 14/10, 04/11, 25/11, 16/12, 06/01, 27/01, 17/02

Monday

Cook's Choice Homemade Pizza made with Wholemeal Flour & Oven Baked Herby Diced Potatoes  
or  
Vegetarian Sausage Roll, Oven Baked Herby Diced Potatoes & Gravy  
~  
Baked Beans & Garden Peas  
~  
Today's Jacket Potato: Cheese - Today's Sandwich: Egg Mayo  
~  
Chocolate Mousse & Fresh Orange Wedges



Tuesday

Traditional Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy  
or  
Arrabiata Tomato Sauce, Wholegrain Pasta with Garlic Bread  
~  
Carrot Batons & Broccoli  
~  
Today's Jacket Potato: Cheese - Today's Sandwich: Turkey  
~  
Cook's Flapjack

Wednesday

Cook's Choice Chicken Curry, Rice & Naan Bread  
or  
Mexican Cheese & Tomato Wrap & Savoury Vegetable Rice  
~  
Sliced Carrots & Garden Peas  
~  
Today's Jacket Potato: Tuna Mayo - Today's Sandwich: Cheese  
~  
Cook's Choice Jelly & Watermelon Slices

Thursday

Pork Sausage Puff Pastry Twist, Mashed Potatoes & Gravy  
or  
Cheese & Onion Lattice & Mashed Potatoes  
~  
Mixed Vegetables & Green Beans  
~  
Today's Jacket Potato: Cheese - Today's Sandwich: Ham  
~  
Chocolate & Beetroot Muffin

Friday

Golden Fish Star & Chips  
or  
Quorn Nuggets & Chips  
~  
Garden Peas & Baked Beans  
~  
Today's Jacket Potato: Baked Beans - Today's Sandwich: Tuna Mayo  
~  
Shortbread Biscuit

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# LUNCH TIME MENU



## WEEK 3

**MENU DATES:** 09/09, 30/09, 21/10, 11/11, 02/12, 23/12, 13/01, 03/02

Monday

Vegetarian Meatballs in a Tomato Sauce, Pasta & Crusty French Bread  
or  
Homemade Cheese & Egg Flan & New Potatoes  
~  
Baked Beans & Sweetcorn  
~  
Today's Jacket Potato: Baked Beans - Today's Sandwich: Cheese  
~  
Chocolate Brownie



Tuesday

British Roast Chicken, Sage & Onion Stuffing, Creamed Potatoes & Gravy  
or  
Tomato Sauce with Wholemeal Pasta & Crusty Bread  
~  
Sliced Carrots & Broccoli  
~  
Today's Jacket Potato: Tuna Mayo - Today's Sandwich: Turkey  
~  
Cheesecake

Wednesday

Seasoned Chicken Fillet, Potato Puffs & BBQ Sauce  
or  
Homemade Individual Pizza & Potato Puffs  
~  
Mixed Vegetables & Baked Beans  
~  
Today's Jacket Potato: Cheese - Today's Sandwich: Cheese  
~  
Frozen Yoghurt Pot

Thursday

Homemade Beef Lasagne & Crusty Bread  
or  
Cheese & Onion Lattice & Mashed Potatoes  
~  
Garden Peas & Baked Beans  
~  
Today's Jacket Potato: Baked Beans - Today's Sandwich: Ham  
~  
Cook's Choice Jelly & Mandarins

Friday

Battered Fish & Chips  
or  
Golden Vegetable Fingers & Chips  
~  
Mushy Peas & Sweetcorn  
~  
Today's Jacket Potato: Tuna Mayo - Today's Sandwich: Tuna Mayo  
~  
Chocolate Sponge & Custard

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