

LUNCH TIME MENU

WEEK 1

14/11, 05/12,
02/01, 23/01,
20/02, 13/03,
03/04

MONDAY

- (v) Pasta in Tomato & Basil Sauce with Crusty Wholemeal Bread or
- (v) Cheddar Cheese Quiche with New Potatoes ~
- Baked Beans & Sweetcorn ~
- Jacket Potato with Baked Beans Cheddar Cheese Sandwich Salad & Homemade Coleslaw ~
- Cook's Fruity Flapjack



TUESDAY

- Roast Chicken Dinner, Stuffing, Yorkshire Pudding & Gravy or
- (v) Diddy Sweetcorn & Sweet Pepper Pizza Panini ~
- Diced Potatoes, Baton Carrots & Garden Peas ~
- Jacket Potato with Cheese Egg Mayonnaise Sandwich Salad & Homemade Coleslaw ~
- Ginger Cake



WEDNESDAY

- Crispy Chicken Burger with Seasoned Potato Wedges or
- (v) Sausage Roll with Seasoned Potato Wedges ~
- RS Baked Beans & Coleslaw ~
- Jacket Potato with Tuna Mayo Roast Turkey Sandwich Salad & Homemade Coleslaw ~
- Iced Chocolate Cake

THURSDAY

- Creamy Chicken Korma, Steamed Rice & Naan Bread or
- (v) Homemade Cook's Pizza ~
- Mixed Vegetables ~
- Jacket Potato with Cheddar Cheese Roast Ham Sandwich Salad & homemade Coleslaw ~
- Fruit Crumble & Custard



FRIDAY

- Crispy Battered Fish & Chips or
- (v) Golden Vegetable Fingers & Chips ~
- Garden Peas or Baked Beans ~
- Jacket Potato with Baked Beans Tuna Mayonnaise Sandwich Salad & Chips ~
- Raspberry Bun

WEEK 2

31/10, 21/11,
12/12, 09/01,
30/01, 27/02,
20/03

MONDAY

- (v) Cheese & Onion Pie & Gravy or
- (v) Cheese & Tomato Pasta with Crusty Bread ~
- Mixed Vegetables ~
- Jacket Potato with Cheese Egg Mayonnaise Sandwich Salad & Homemade Coleslaw ~
- Ice-cream Pot with Peach Slices

TUESDAY

- Savoury Mince, Yorkshire Pudding, Creamy Mashed Potato & Gravy or
- (v) Meatballs in Gravy with Yorkshire pudding ~
- Diced Carrot, Swede & Cauliflower ~
- Jacket Potato with Baked Beans Roast Turkey Sandwich Salad & Homemade Coleslaw ~
- Cook's Sponge & Custard

WEDNESDAY

- Tuna & Tomato Pasta Bake or
- (v) Mexican Tortilla Wrap with Melted Cheese & Diced Potato ~
- RS Baked Beans ~
- Jacket Potato with Tuna Mayo Roast Ham Sandwich Salad & Coleslaw ~
- Chocolate Brownie

THURSDAY

- Chicken, Cheese and Tomato Pasta with Wholemeal Bread or
- (v) Sweet Potato and Butternut Squash Curry, Rice & Naan Bread ~
- Broccoli & Garden Peas ~
- Jacket Potato with Cheese Cheddar Cheese Sandwich Salad & Homemade Coleslaw ~
- Cook's Flapjack



FRIDAY

- Young's Crispy Battered Fillet of Salmon & Chunky Chips Or
- (v) Cook's Pizza & Chunky Chips ~
- Garden Peas & Sweetcorn ~
- Jacket Potato with Baked Beans Tuna Mayonnaise Sandwich Salad & Chips ~
- Creamy Rice Pudding

WEEK 3

07/11, 28/11,
19/12, 16/01,
06/02, 06/03,
27/03

MONDAY

- (v) Pasta Bake in Tomato Sauce with crusty Wholemeal bread or
- (v) Quorn Chicken Curry with Wholegrain Rice & Naan Bread ~
- Broccoli & Cauliflower ~
- Jacket Potato with Baked Beans Cheddar Cheese Sandwich Salad & Homemade Coleslaw ~
- Chocolate & Mandarin Mousse



TUESDAY

- Roast Pork Dinner with Creamy Mash Potato, Yorkshire Pudding & Gravy or
- (v) Macaroni Cheese & Crusty Bread ~
- Cabbage & Carrots ~
- Jacket Potato with Cheese Egg Mayonnaise Sandwich Salad & Coleslaw ~
- Vanilla Sponge & Custard



WEDNESDAY

- Cook's Choice Pizza or
- (v) Vegetarian Pasta Bolognese ~
- Peas & Sweetcorn ~
- Jacket Potato with Tuna Mayo Roast Turkey Sandwich Salad & Coleslaw ~
- Cook's Iced Cup Cake

THURSDAY

- Pork Sausages, Creamy Mash & Gravy or
- Vegetarian Cottage Pie & Gravy ~
- RS Baked Beans ~
- Jacket Potato with Cheese Roast Ham Sandwich Salad & Homemade Coleslaw ~
- Fruit Crumble & Custard



FRIDAY

- Crispy Battered Fish & Chips or
- (v) Golden Vegetable Burger & Chips ~
- Peas or Baked Beans ~
- Jacket Potato with Baked Beans Tuna Mayo Sandwich Salad and Chips ~
- Golden Oat and Cherry Flapjack

AVAILABLE DAILY: wholegrain bread basket, yoghurts, a freshly prepared selection of fruit and fresh water - All our menus are compliant with the School Food Standards—we source as much of our produce locally and 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, contact the Unit Catering Manager