

Lunch Menu

Week 1

Stir.
let's eat, together

w/c: 26/08, 16/09, 07/10, 28/10, 18/11, 09/10, 30/10, 20/01, 10/02

MONDAY

Tex Mex Chicken

Served with Wholegrain Rice & Sweetcorn



TUESDAY

Cottage Pie topped with Root Vegetable Mash

Served with Green Cabbage, Peas & Gravy



WEDNESDAY

Roast Chicken Thigh

Served with Crispy Roasties, Broccoli & Gravy



THURSDAY

Pizza Pinwheels

Served with Garlic & Herb Wedges and Green Beans

FRIDAY

Golden Fish Fingers

Served with Chips and Baked Beans



Enchiladas

Served with Wholegrain Rice & Sweetcorn (Kidney Beans)



Vegetable Pie topped with Root Vegetable Mash

Served with Green Cabbage, Peas & Gravy



Sweet Potato & Lentil Roast

Served with Crispy Roasties, Broccoli & Gravy



Vegetable Jambalaya

Served with Green Beans



Courgette & Sweetcorn Fritters

Served with Chips and Garden Peas



Penne Pasta with Homemade Tomato Sauce



Jacket Potato with Cheese or Baked Beans or Tuna Mayo



Penne Pasta with Homemade Tomato Sauce



Jacket Potato with Cheese or Baked Beans or Tuna Mayo



Penne Pasta with Homemade Tomato Sauce



Chocolate Cake and Custard

Jelly & Fruit Slices



Traditional Rice Pudding with Strawberry Jam

Fruit Salad



Shortbread Biscuits

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut

Lunch Menu

Week 2



w/c: 02/09, 23/09, 14/10, 04/11, 25/11, 16/12, 06/01, 27/01, 17/02

MONDAY

Mexican Chicken Wrap

Served with Wholegrain Rice & Broccoli



TUESDAY

Homemade Pizza

Margherita

Served with Paprika Wedges & Coleslaw

WEDNESDAY

Chicken & Sweetcorn Pie

Served with Crispy Roasties, Carrots & Peas



THURSDAY

Bombay Chicken Biryani

Served with Wholegrain Rice & Broccoli



FRIDAY

Golden Fish Fingers

Served with Chips & Baked Beans



No Meat Bolognese

Served with Penne Pasta & Broccoli



Vegetable & Bean Cobbler

Served with Crispy Roasties, Carrots & Peas



Chickpea & Vegetable Samosa

Served with Wholegrain Rice, Broccoli & Curry Sauce



Vegetable Fingers

Served with Chips & Baked Beans



Penne Pasta with Homemade Tomato Sauce



Jacket Potato with Cheese or Baked Beans or Tuna Mayo



Penne Pasta with Homemade Tomato Sauce



Jacket Potato with Cheese or Baked Beans or Tuna Mayo



Penne Pasta with Homemade Tomato Sauce



Chocolate Beetroot Brownie

Vanilla Cheesecake

Fruit Bowls



Apple & Blueberry Flapjack



Oat Cookie & Fruit Slices



SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon
Key



Added
plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's
Choice



Extra
Protein Power



Good for
your gut

Lunch Menu

Week 3

Stir.
let's eat, together

w/c: 09/09, 30/09, 21/10, 11/04, 02/12, 23/12, 13/01, 03/02

MONDAY

Creamy Tuscan Beef
Served Wholegrain Rice
& Green Beans



TUESDAY

**Homemade Halal
Sausage Rolls**
Served with Wedges & Baked Beans



WEDNESDAY

Roast Turkey
Served with Crispy Roasties,
Carrots & Sweetcorn



THURSDAY

**Mac n Cheese with a
Crispy Crumb Topping**
Served with Green Beans

FRIDAY

**Golden Fish Fingers
(Salmon Or Pollock)**
Served With Chips & Garden Peas



 **Mild Thai Green Curry
Vegetable & Chickpea**
Served with Wholegrain Rice &
Green Beans



**Homemade Cheese &
Onion Rolls**
Served with Wedges & Baked Beans

**Spiced Beetroot & Lentil
Loaf**
Served With Crispy Roasties,
Carrots & Sweetcorn



Vegetable Bean Chilli
Served with Wholegrain Rice &
Green Beans



**Vegetable
Fingers**
Served with Chips & Baked Beans



**Penne Pasta with Tomato
Sauce**



Jacket Potato
With Cheese or Baked Beans or
Tuna Mayo



**Penne Pasta with Tomato
Sauce**



Jacket Potato
With Cheese or Baked Beans or
Tuna Mayo



**Penne Pasta with Tomato
Sauce**



Peach Crumble



Fruit Bowls




**Vanilla
Ice Cream Cup**

**Lemon &
Courgette Drizzle Cake**

Chocolate Cookies

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

**Icon
Key**

 Added
plant power

 Wholemeal

 Vegan

 Vegetarian

 Oily fish

 Full of fruit

 Nutritionist's
Choice

 Extra
Protein Power

 Good for
your gut