

LUNCH MENU

Week 1

MONDAY ☀️

Meat Free Monday

Wholemeal Spaghetti with Pea & Mint Pesto

Jackfruit Fried Rice with tamari (V)

Sweetcorn
Roasted Peppers
Basil Focaccia

Mango & Coconut Rice Pudding

TUESDAY ☀️

Rosemary Roasted Chicken Thigh & Gravy

Mixed Bean & Vegetable Cottage Pie
topped with Cheddar Mash (V)

Skin on Roast Potatoes
Carrots & Peas

Brownie with
Chocolate Custard

WEDNESDAY ☀️

Lamb Keema with Riata & Naan Shards

Blackbean & Pumpkin Chilli (V)

Wholegrain Braised Rice
Spinach & Kale

Jumbo Oat, Carrot & Sultana Cookie

THURSDAY ☀️

Cumberland Sausage & Mash with Gravy

Jackfruit Tostada with Salsa & Guacamole
(V)

Steamed Broccoli
Mixed Salad

Sticky Toffee Apple Pudding & Vanilla Sauce

FRIDAY ☀️

Sustainable Battered Fish Goujon Wrap (F)

Courgette & Broccoli Frittata (V)

Chips
Peas
Baked beans

Fruit Flapjack

EVERYDAY ☀️

Freshly Cut Fruit Pots
or
Freshly Prepared Yoghurt Pots with Fruit
Compote

AVAILABLE WEEKLY:

Jacket
potatoes and
filling

NOTES

(V) Vegetarian

(F) Fish

(SH) Shellfish

(VG) Vegan

(GF) Gluten Free

(D) Dairy

Gluten free alternatives available Every Day

LUNCH MENU

Week 2

MONDAY

Meat Free Monday

Pumpkin Mac 'n' Cheese

Butternut Squash & Lentil Sausage Roll with
Cheese (v)

Broccoli
Carrot Slaw
Potato Wedges

Lemon Cheese Cake Pots

FRIDAY

Breaded Salmon Fishcakes (F)

Bang Bang Broccoli with Sweet Chilli Sauce &
Rice Pilau (v)

Chips
Peas
Baked beans

Banana Loaf & Vanilla Yoghurt

TUESDAY

Chilli Con Carne

Beetroot Burger with Cabbage Slaw & Sauté
Potato's (v)

Wholegrain Rice
Steamed Greens

Seasonal Fruit Crumble & Custard

EVERYDAY

Freshly Cut Fruit Pots
or
Freshly Prepared Yoghurt Pots with Fruit
Compote

AVAILABLE WEEKLY:

Jacket
potatoes and
filling

WEDNESDAY

Southern Spiced Turkey Burger with Spicy
Mayo

Vegetable Moussaka (v)

Herb Diced Potatoes
Corn on the cob
Red Cabbage Slaw

Orange & Carrot Cookie

THURSDAY

Chicken Penne Arrabita

Chickpea & Lentil Dahl (v)

Roasted Squash
Naan Bread
Mixed Salad

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(SH) Shellfish

(VG) Vegan

(GF) Gluten Free

(D) Dairy

Gluten free alternatives available Every Day

LUNCH MENU

Week 3

MONDAY

Meat Free Monday

Margaretta Pizza (V)

Aubergine, Chickpea & Potato Curry (V)

Sweetcorn
Roasted Broccoli
Wholegrain Braised Rice

Zero Waste Banoffee Pots

TUESDAY

Chicken & Leek Pie with Gravy

Falafel with Cous Cous & Mint Yoghurt (V)

Baby New Potato
Carrots
Mixed salad

Orange & Kale Cupcake

WEDNESDAY

Traditional Spaghetti Bolognese with
Garlic Bread

Seasonal Vegetable & Butter Bean Cobbler
(V)

Garlic Bread
Roasted Mediterranean Vegetables

Lemon Drizzle Cake with Honeyed Yoghurt

THURSDAY

Rosemary & Red Onion Sausage Casserole

Sweet Potato & Kidney Bean Burrito with
Pineapple Salsa (V)

Smashed Potatoes
Steamed Green Beans

Pineapple Upside Down Cake & Custard

FRIDAY

Sustainable Battered Fish of the Day (F)

Roasted Pepper & Spiced Bean Quesadilla with
Cheese & Tomato Salsa (V)

Chips
Peas
Baked beans

Carrot & Raisin flapjack

EVERYDAY

Freshly Cut Fruit Pots
or
Freshly Prepared Yoghurt Pots with Fruit
Compote

AVAILABLE WEEKLY:

Jacket
potatoes and
filling

NOTES

(V) Vegetarian

(F) Fish

(SH) Shellfish

(VG) Vegan

(GF) Gluten Free

(D) Dairy

Gluten free alternatives available Every Day