

# Lunch Menu

## WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

POT 'N' TASTY

SIDES

TODAY'S DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chilli Con Carne &amp; Fiesta Rice</p> <p> </p> <p>Lamb Chilli Con Carne &amp; Fiesta Rice (H)</p> <p> </p>	<p>Mexican Vegetable &amp; Mixed Bean Quesadilla, Warm Nachos (V)</p> <p></p>	<p>Roast Gammon with Gravy &amp; Roasties</p> <p></p> <p>Roast Chicken, Roasties &amp; Gravy</p> <p></p> <p>Grilled Chicken Sausages, Gravy &amp; Roasties or Mash (H)</p> <p></p>	<p>Paprika Chicken &amp; Sri Lankan Dhal, Steamed Mixed Rice</p> <p> </p> <p>Paprika Chicken &amp; Sri Lankan Dhal, Steamed Mixed Rice (H)</p> <p> </p>	<p>Sustainably Sourced Battered Fish &amp; Chips or Grilled Sausage &amp; Chips</p> <p></p>
<p>Chilli Sin Carne &amp; Fiesta Rice (Ve)</p> <p> </p>	<p>Italian Vegetable &amp; Giant Couscous Stew, Garlic Crostini (Ve)</p> <p> </p>	<p>Roast Quorn, Gravy &amp; Roasties</p> <p></p>	<p>Roasted Coriander Sweet Potato, Sri Lankan Dahl &amp; Steamed Mixed Rice</p> <p> </p>	<p>Cheese &amp; Tomato Pizza &amp; Wedges/Chips</p> <p> </p>
<p>Cheesy Meatball Arrabbiata Toasted Baguette</p> <p></p>	<p>Vegan Sausage Roll (Ve)</p> <p></p>	<p>Brunch Pot</p> <p></p>	<p>Crispy Pork or Beef Soft Taco</p> <p> </p>	<p>Pepperoni Pizza &amp; Wedges/Chips</p> <p> </p>
<p>Sweet Chilli Chicken Pasta</p> <p></p>	<p>Tomato &amp; Basil Pasta</p> <p></p>	<p>Chicken Tika &amp; steamed Rice</p> <p></p>	<p>Veggie pasta Pots</p> <p> </p>	<p>Pasta Arrabbiata</p> <p></p>
<p>Baked Beans</p> <p> </p> <p>Fajita Roasted Sweetcorn &amp; Peppers</p> <p></p> <p>Mixed Salad</p>	<p>Baked Beans</p> <p> </p> <p>Broccoli</p> <p></p> <p>Mixed Salad</p>	<p>Baked Beans</p> <p> </p> <p>Mixed Vegetables</p> <p></p> <p>Mixed Salad</p>	<p>Baked Beans</p> <p> </p> <p>Garden Salad</p> <p>Sri Lankan Vegetable Salad</p> <p>Wedges</p>	<p>Baked Beans</p> <p> </p> <p>Peas</p> <p></p> <p>Mixed Salad</p>
<p>Vanilla cake with custard</p>	<p>Mixed fruit flapjack</p>	<p>Ginger Cake &amp; Custard</p> <p></p>	<p>Giant Chocolate Cookie</p>	<p>Apple Crumble &amp; Custard</p> <p></p>

# Lunch Menu

## WEEK TWO – AUTUMN WINTER

(V) vegetarian option  
(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

GET 'N' TASTY

SIDES

TODAY'S DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa  Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (H) 	Cheese & Tomato Mac 'n' Cheese (V) 	Roast Chicken, Crispy Roasties & Gravy  Roast Pork, Crispy Roasties & Gravy  Grilled Chicken Sausages, Gravy & Roasties or Mash(H) 	Thai Yellow Chicken & Vegetable Curry Mixed Rice  Thai Yellow Chicken & Vegetable Curry Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips  Oven Baked Chicken Nuggets & Chips  Jacket Potato & Salmon Mayo 
Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Buffalo Burrito (Ve) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V) 
Fish Finger Bap & Mayo or Ketchup 	Dirty Quorn & Cheesy Bean Burger (V) 	BBQ Chicken Snack Wrap 	Veggie Breakfast Frittata (V) 	Pepperoni Pizza & Wedges/Chips 
Beef Bolognese Pasta Pot 	Vegetable Tikka & Mixed Rice 	Chicken Jalfrezi & Steamed Rice 	Sweet & Sour Chicken Noodles 	Tomato & Basil Pasta 
Baked Beans  Fajita Roasted Sweetcorn & Peppers  Garden Salad 	Baked Beans  Garlic Bread Green Beans Garden Salad	Baked Beans  Seasonal Mixed Vegetables  Garden Salad	Baked Beans  Asian Slaw, Garlic Green Beans  Garden Salad	Baked Beans  Peas  Garden Salad
Cake of the day with custard	Lemon & Blueberry Slice & Custard 	Baked Vanilla Sponge & Custard 	Homemade brownie	Fairy cupcake

Slow-Release Energy Foods
 For a Healthy Gut
 Brain Boost
 Contains Calcium
 Contains Iron
 Contains Protein

## WEEK THREE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken &amp; Vegetable Enchilada, Savoury Rice</p> <p>Chicken &amp; Vegetable Enchilada, Savoury Rice (H)</p>	<p>Spanish Omelette &amp; Pepper &amp; Tomato Sauce &amp;</p> <p>Garlic Bread (V)</p>	<p>Cottage Pie</p> <p>Shepherd's Pie &amp; Gravy (H)</p>	<p>Chicken &amp; Vegetable Korma, Gunpowder Potatoes OR Chicken &amp; Vegetable Korma, Gunpowder Potatoes (H)</p>	<p>Sustainably Sourced Battered Fish &amp; Chips</p> <p>Oven Baked Chicken Goujons &amp; Chips</p>
<p>Mexican Vegetable Stew &amp; Baked Tortilla (Ve)</p>	<p>Veggie Bolognese Pasta Bake (V)</p>	<p>Classic Mac 'n' Cheese, Cheesy Herb Crumb (V)</p>	<p>Roasted Cauliflower &amp; Sweet Potato Curry, Gunpowder Potatoes (Ve)</p>	<p>Cheese &amp; Tomato Pizza &amp; Wedges/Chips (V)</p>
<p>Panini of the Day Pepperoni or Cheesy Bean (V)</p> <p>Pizza Topped Baguette Pepperoni or Margherita (V)</p>	<p>Vegetable Cheeseburger (V)</p>	<p>Halal Chicken Sausage Roll</p>	<p>BBQ Veggie Melt (V)</p>	<p>Pepperoni Pizza &amp; Wedges/Chips</p>
<p>Tomato &amp; Basil Pasta Pot</p>	<p>Vegetable Tikka Masala &amp; Rice</p>	<p>Sweet &amp; Sour Chicken Noodles</p>	<p>Chicken Tikka &amp; Steamed Rice</p>	<p>Beef Bolognese Pasta Pot</p>
<p>Baked Beans</p> <p>Roasted Sweetcorn Wedges, Garden Salad</p>	<p>Baked Beans</p> <p>Garlic Green Beans</p> <p>Garlic Bread, Garden Salad</p>	<p>Seasonal Mixed Vegetables</p> <p>Garden Salad</p>	<p>Baked Beans</p> <p>Steamed Broccoli/cauliflower</p>	<p>Baked Beans</p> <p>Peas</p> <p>Mixed Salad</p>
<p>Marble Chocolate Sponge &amp; Custard</p>	<p>Chocolate cookie</p>	<p>Pear crumble and custard</p>	<p>Banana cake</p>	<p>Homemade Lemon Drizzle Cake</p>

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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# Lunch Menu.



Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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