

LUNCH

Week 1



W/C 01/09, 22/09, 13/10, 03/11, 24/11, 15/12, 05/01, 26/01



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza	BBQ Chicken & Wedges	Roast Chicken with Roast Potatoes	Pasta Bolognese with Garlic Bread	Fish Fingers with Chips
MAIN 2	Crispy Topped Cauliflower & Broccoli Bake	Tasty Red Pepper & Bean Biryani	Hearty Quorn Roast, Roast Potatoes	Curry Club Rainbow Jalfrezi, Garlic Bread	Crispy Quorn Nuggets & Chips
VEG	Half Jacket & Green Beans	Fresh Broccoli	Carrots & Cabbage	Sweetcorn	Carrots & Peas or Baked Beans
3 rd OPTION	Jacket Potatoes & Dill	Pasta & Dill	Jacket Potatoes & Dill	Pasta & Dill	Jacket Potatoes & Dill
DESSERT	Freshly Baked Chocolate Cookie	Plum Sponge Pudding & Custard	Pear Upside-Down Pudding	Fruity Jelly Pot	Lime & Coconut Cake
AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) , flavoured yoghurts as well as freshly baked bread & seasonal salad bar . Third option includes vegan and vegetarian items.					

MENU KEY



Vegetarian



Vegetarian with Protein friendly



New Dish



LUNCH

Week 2

W/C 08/09, 29/09, 20/10, 10/11, 01/12, 12/01, 02/02



FOOD
SMART
FOR BETTER AND HEALTHIER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Creamy Mac'n'Cheese 	Chicken Burger & Wedgies	Roast Chicken with Roast Potatoes	Sausage Penne Pasta Bake	Battered Fish & Chips
MAIN 2	Chickpea & Spinach Curry 	Roasted & Loaded Five Bean Chili & Wedgies 	Teniyaki Noodles 	Hearty Sausage Pasta Bake 	Onion Bhaji Wrap & Slaw with Chips 
VEG	Garlic Bread & Peas	Sweetcorn	Fresh Roast Carrots & Swede	New Potatoes & Broccoli	Carrots & Peas or Baked Beans
3rd OPTION	Jacket Potatoes & Dill	Pasta & Dill	Jacket Potatoes & Dill	Pasta & Dill	Jacket Potatoes & Dill
DESSERT	Chocolate Cornflake Cake 	 Fruity Bread & Butter Pudding 	Ginger Cake 	 Autumn Fruit Crumble & Custard 	Apple & Berry Traybake 

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) () flavoured yoghurts () as well as freshly baked bread () & seasonal salad bar (). Third option includes vegan and vegetarian items.

MENU KEY



LUNCH

Week 3

W/C 15/09, 06/10, 27/10, 17/11, 08/12, 19/01, 09/02



FOOD SMART
PEA, BEAN AND RICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza Slab 	BBQ Chicken & Rice	Roast Chicken & Roast Potatoes	Traditional Lasagne	Fish Fingers & Chips
MAIN 2	Creamy Leek & Cheese Pie 	Authentic Chickpea & Spinach Curry, Rice 	Golden Sausage Roll  & Roast Potatoes	Hearty Spaghetti & Meatballs 	Jerk Hot Dog & Chips 
VEG	Wedges & Sweetcorn	Roasted Cauliflower	Savory Cabbage & Roasted Squash	Focaccia & Green Beans	Carrots & Peas or Baked Beans
3rd OPTION	Jacket Potatoes & Dill	Pasta & Dill	Jacket Potatoes & Dill	Pasta & Dill	Jacket Potatoes & Dill
DESSERT	Apple & Cinnamon Flapjack 	 Chocolate Mousse 	 Pear & Ginger Cake 	 Autumn Fruit Pie & Custard 	Freshly Baked Vanilla Cookie 
AVAILABLE DAILY:	A selection of fresh seasonal fruit (cut or whole) () , flavoured yoghurts () as well as freshly baked bread () & seasonal salad bar () . Third option includes vegan and vegetarian items.				

MENU KEY



Vegetarian



Vegan



New Dish

