

LUNCH WEEK 1

W/C 01/09, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza (V) Homemade wholemeal pizza topped with tomato sauce & cheese.	Braised Italian Chicken Slow cooked chicken in a tomato sauce.	Roast Chicken Roasted Cured Gammon Roast Dinner	Creamy Chicken Pasta Chicken & pasta in a creamy white sauce.	Fish Fingers Golden crispy crumb coated fish sticks.
MAIN 2	BBQ Sweetcorn & Pepper Pizza (V) Homemade wholemeal pizza topped with BBQ & tomato sauce, cheese, peppers & Sweetcorn	Vegetable Chilli (VE) Vegetables and beans in a lightly spiced tomato sauce	Veg Quiche (V) Golden pastry filled with vegetables, egg and cheese.	Spaghetti and Meatless Balls (VE) Vegetarian meatballs in tomato sauce, served with spaghetti.	BBQ Bean and Cheese Pasty (V) Puff pastry filled with BBQ baked beans and melted cheese.
CARB	Tomato Pasta Salad	Boiled Rice	Roasted Potatoes	Garlic Bread	Chips
VEG	Sweetcorn	Green Beans	Autumn Greens	Broccoli	Baked Beans / Peas
3 rd OPTION	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
DESSERT	Fruit Shortbread (V)	Pear & Ginger Cake (VE)	Chococaramel Mousse (V)	Lemon Drizzle Flapjack (VE)	Ice Cream (V)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) and bread (V). Third option includes vegan and vegetarian items.



MENU KEY: V Vegetarian New New Dish
VE Vegan and Planet Friendly



LUNCH WEEK 2

W/C 07/09, 28/09,19/10, 09/11, 30/11, 11/01, 01/02



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Pork Sausages Simply sausages & gravy	Chicken Curry Chicken slow-cooked in a mild Indian-spiced sauce.	Roast Gammon Roasted cured Gammon dinner.	Pasta Bolognese Pasta served with a rich Italian bolognese sauce.	Fish Fingers Golden crispy crumb coated fish sticks.
MAIN 2	Veggie Sausage (VE) Simply Vegetarian sausages & gravy	Sweet Potato & Chickpea Curry (VE) Sweet potato and chickpeas in a mild Indian-spiced sauce.	Root Veg and Bean Pie (VE) (New) Beans and root vegetables in a rich gravy, topped with a golden pastry lid.	Veggie Bolognese (VE) Pasta served with a rich Italian Vegetarian Bolognese Sauce	Veggie Burger (VE) (New) Homemade chickpea veggie burger in a soft white bun.
CARB	New Potatoes	Tumeric Rice	Roasted Potatoes	Garlic Bread	Chips
VEG	Peas	Garden Peas	Roasted Carrots	Broccoli	Baked Beans /Peas
3 rd OPTION	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
DESSERT	Lemon and Oat Cookie (VE)	Pear Upside Down Pudding (V)	Apple Flapjack (VE)	Carrot Cake (V)	Iced School Cake (V)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) and bread (V). Third option includes vegan and vegetarian items.



MENU KEY: V Vegetarian New New Dish
VE Vegan and Planet Friendly



LUNCH WEEK 3

W/C 14/09, 05/10, 16/11, 07/12, 18/01, 08/02,



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza (V) Homemade wholemeal pizza topped with tomato sauce & cheese	Sausage Dog Simply sausage served in a soft finger roll.	Lemon & Garlic Chicken Oven Roasted Chicken Marinated in Lemon & Garlic	BBQ Chicken Wrap BBQ chicken and fresh salad rolled up in a soft tortilla wrap.	Fish Fingers Golden, crispy breaded fish sticks.
MAIN 2	Cheesy Garlic Flatbread (V) Homemade wholemeal pizza base topped with rich garlic butter and cheese.	Veggie Dog (VE) Plant-based sausage served in a soft finger roll.	Veg Tacos (VE) Fresh vegetables in a spiced tomato sauce, served on a soft flour tortilla.	Hot Veggie Wrap (VE) Fresh vegetables & chickpeas spiced with cumin, wrapped up with a mint chutney.	Crispy Quorn Nuggets (VE) Crispy golden nuggets made from vegetables, coated in breadcrumbs.
CARB	Tomato Pasta Salad	Potato Wedges	Roasted Potatoes	New Potatoes	Chips
VEG	Peas and Sweetcorn	BBQ Beans	Cabbage and Carrots	Broccoli	Baked Beans / Peas
3 rd OPTION	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
DESSERT	Chocolate Swirl Shortbread (VE) (New)	Coconut and Lime Cake (VE)	Autumn Fruit Sponge (V)	Apple & Cinnamon Pinwheel (V)	Ice Cream (V)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) and bread (V). Third option includes vegan and vegetarian items.



MENU KEY: V Vegetarian New New Dish
VE Vegan and Planet Friendly

