

# Lunch Menu

Week 1



w/c: 24/02, 17/03, 07/04, 28/04, 19/05, 09/06, 30/06, 21/07

## MONDAY

**Brazilian Coconut Chicken Curry**

Served with Wholegrain Rice & Sweetcorn



## TUESDAY

**Margherita Pizza**

Served with Baked Potato Wedges and Coleslaw or Peas



## WEDNESDAY

**Roast Turkey**

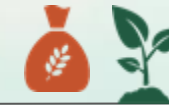
Served with Crispy Roasties, Broccoli & Gravy



## THURSDAY

**Mexican Chicken Meatballs**

Served Whole Grain Pasta & Green Greens



## FRIDAY

**Golden Fish Fingers**

Served with Chunky Chips and Baked Beans



**Chana Masala**

Served with Wholegrain Rice & Sweetcorn



**Vegetable Supreme Pizza**

Served with Garlic & Herb Wedges and Coleslaw or Peas



**Spring Vegetable Tart**

Served with Crispy Roasties, Broccoli & Gravy



**Chow Mein Noodles**

Served with Coconut Green Beans

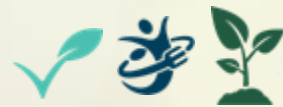


**Curried Chickpea Fritters**

Served with Chunky Chips and Baked Beans

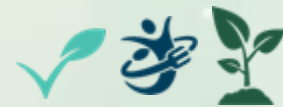


**Penne Pasta with Homemade Tomato Sauce**



**Penne Pasta with Nut free Spinach and Basil Pesto**

**Penne Pasta with Homemade Tomato Sauce**



**Penne Pasta with Nut free Spinach and Basil Pesto**

**Penne Pasta with Homemade Tomato Sauce**



**Jacket Potato**

with Cheese or Baked Beans or Tuna Mayo



**Jacket Potato**

with Cheese or Baked Beans or Tuna Mayo



**Jacket Potato**

with Cheese or Baked Beans or Tuna Mayo



**Jacket Potato**

with Cheese or Baked Beans or Tuna Mayo



**Jacket Potato**

with Cheese or Baked Beans or Tuna Mayo



**Chocolate Cake and Custard**

**Jelly & Fruit Slices**



**Apple Crumble Cake**

**Fruit Salad**



**Lemon 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: 03/03, 24/03, 14/04, 05/05, 26/05, 16/06, 07/07

## MONDAY

### Beef Burger in a Bun

Served with Wholegrain Pasta Salad & Green Leaves



## TUESDAY

### Chicken Tikka Masala

Served with a Wholegrain rice & Broccoli



## WEDNESDAY

### Roast Chicken

Served With Crispy Roasties, Carrots, Sweetcorn & Gravy



## THURSDAY

### Margherita Pizza

Served with Baked Potato Wedges and Coleslaw or Peas



## FRIDAY

### Golden Fish Fingers (Salmon Or Pollock)

Served with Chunky Chips & Peas



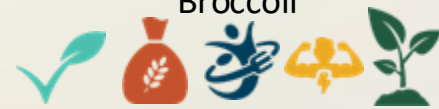
### Homemade Vegetarian Burger

Served with Pasta Salad & Side Salad



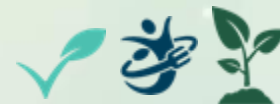
### Sweet Potato & Lentil Dhal

Served with a Wholegrain rice & Broccoli



### Spinach & Cheese Swirl

Served With Crispy Roasties, Carrots, Sweetcorn & Gravy



### Gnocchi, Cream Cheese, Courgettes & Peas

Served with Mixed Salad

### Vegetable & Bean Chilli

Served with Chunky Chips & Peas

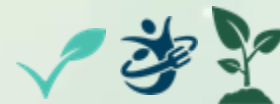


### Penne Pasta with Homemade Tomato Sauce



### Penne Pasta with Nut free Spinach and Basil Pesto

### Penne Pasta with Homemade Tomato Sauce



### Penne Pasta with Nut free Spinach and Basil Pesto



### Penne Pasta with Homemade Tomato Sauce

### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



### Chocolate Beetroot Brownie



### Vanilla Ice cream Pot

### Fruit Bowls



### Blueberry & Orange Traybake

### Oat Cookie & Melon Stick



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



w/c: 10/03, 31/03, 21/04, 12/05, 02/06, 23/06, 14/07

## MONDAY

### Sweet & Sour Chicken

Served with Wholegrain Rice & Green Beans



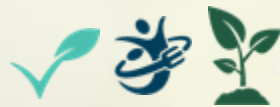
### Cheesy Lentil Lasagne

Served with & Side Salad



### Penne Pasta with

Homemade Tomato Sauce



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



Sticky Toffee Banana Cake

## TUESDAY

### Homemade Sausage Rolls

Served with Baked Potato Wedges & Baked Beans

### Homemade Cheese & Onion Rolls

Served with Wedges & Baked Beans

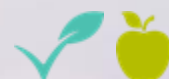
### Penne Pasta with Nut free Spinach and Basil Pesto

### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



Fruit Bowls



## WEDNESDAY

### Roast Turkey

Served with Crispy Roasties, Carrots & Sweetcorn



### Baked Courgette & Bean Gratin

Served with Crispy Roasties, Carrots & Sweetcorn



### Penne Pasta with Homemade Tomato Sauce



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



Lemon Jacks



## THURSDAY

### Mac n Cheese with a Crispy Crumb Topping

Served with Broccoli

### Curried Spring Vegetable Pilaf

Served with Raita & Broccoli



### Penne Pasta with Nut free Spinach and Basil Pesto

### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



Lemon & Peach Cake



## FRIDAY

### Golden Fish Fingers

Served With Chunky Chips & Baked Beans



### Crispy Vegetable Fingers

Served with Chunky Chips & Baked Beans



### Penne Pasta with Homemade Tomato Sauce



### Jacket Potato

with Cheese or Baked Beans or Tuna Mayo



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