

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.	Southern Baked Chicken Lightly dusted chicken, oven-roasted with a blend of gentle spices	Roast Chicken Oven Roasted Chicken Dinner	Pork Sausages Simply sausages served with mash & gravy	Fish Fingers Golden crispy crumb coated fish sticks.
MAIN 2	Cheese & Tomato Pizza (V) Homemade wholemeal pizza topped with tomato sauce & cheese.	Chilli Bean Stack (VE) Mexican-spiced beans in tomato sauce, layered between tortilla wraps, topped with cheese and baked until golden.	Veg Quiche (V) Golden pastry filled with vegetables, egg and cheese.	Veggie Sausage (VE) Vegetarian sausages served with mash & gravy.	BBQ Bean and Cheese Pasty (V) Puff pastry filled with BBQ baked beans and melted cheese.
CARB	Tomato Pasta Salad	Boiled Rice	Roasted Potatoes	Mash	Chips
VEG	Broccoli	Green Beans	Autumn Greens	Roasted Corn	Baked Beans / Peas
3 rd OPTION	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
DESSERT	Autumn Fruit Sponge (V)	Pear & Ginger Cake (VE)	Fruit Jelly (VE)	Lemon Drizzle Flapjack (VE)	Ice Cream (V)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) as well as freshly baked bread (V) & seasonal salad bar (VE). 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	Mac n' Cheese (V) Macaroni pasta in a creamy cheese sauce.	Chicken Curry Chicken slow-cooked in a mild Indian-spiced sauce.	Roast Gammon Cured Oven Roasted Gammon dinner.	Pasta Bolognese Pasta served with a rich Italian bolognese sauce.	Fish Fingers Golden crispy crumb coated fish sticks.
MAIN 2	Pasta Arriabatta (VE) Pasta served with a spiced tomato sauce.	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.	Spaghetti and Meatless Balls (VE) Vegetarian meatballs in tomato sauce, served with spaghetti.	Veggie Burger (VE) (New) Homemade chickpea veggie burger in a soft white bun.
CARB	---	Tumeric Rice	Roasted Potatoes	Garlic Bread	Chips
VEG	Sweetcorn	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)	ChocoCaramel Mousse (V)	Apple Flapjack Crumble (V)	Shortbread (VE)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) as well as freshly baked bread (V) & seasonal salad bar (VE). 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)	Fruit Jelly (VE)	Apple & Cinnamon Pinwheel (V)	Ice Cream (V)

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



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

