Lunch Menu

Week 1

W/C - 02/11, 23/11, 14/12, 18/01, 08/02, 08/03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Margherita Pizza served with Wedges & Mixed salad **G- M-E-SO**	**Chicken Meatballs** with Tomato Sauce served with Pasta & Sweetcorn **G- M-SO**	**Roast Chicken** with Roasted Potatoes, Seasonal Vegtables & Optional Gravy	**Beef Chili con Carne** Wholegrain Rice & Seasonal Vegtables	**Fish Fingers** Oven Baked Chips & Peas **G-F**
Tarka Dhal Curry Steamed Rice & Seasonal Veg	**Cheesy Broccoli Pinwheel** Served with Wedges & Sweetcorn **G-So-E-M**	**Crispy Cheese & Lentil Bake** with Roasted Potatoes, Seasonal Veg & Optional Gravy **G-M**	**Macaroni Cheese Served with** Seasonal Veg **G-M-Mu**	**Jacket Potato with** Baked Beans & Cheese **M**
Pasta with Homemade Tomato Sauce **G**	**Pasta with Nut Free Spinach & Basil Pesto** **G-M**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**
Fruit Salad	**Chocolate Brownie** **G-E-M**	**Apple & Blueberry FlapJacks** **G**	**Jelly & Fruit Slices**	**Chocolate & Vanilla Shortbread** **G**

SEASONAL VEGETABLES, SALAD, 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

Allergen Key — F Fish · E Eggs · Cr Crustaceans · G Gluten · Mu Mustard · Mo Molluscs · Se Sesame · L Lupin · P Peanuts · M Milk · N Tree Nuts · Ce Celery · Sd Sulphur Dioxode · So Soya · U Unknown Allergen

Allergen icons are correct at the time of printing. Please inform staff of any allergies or dietary requirements before ordering, as ingredients and preparation methods may vary.

Lunch Menu

Week 2

W/C - 09/11, 30/11, 04/01, 25/01, 22/02, 15/03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Margherita Pizza served with Wedges & Mixed Salad **G- M-E-SO**	**Pork Sausage & Mash** Seasonal Vegetables & Optional Gravy **G-So-M-Sd**	**Roast Chicken** with Roasted Potatoes, Seasonal Vegetables & Optional Gravy	**Sticky Chicken with** Steamed Rice & Seasonal Veg **G-SO-Sd**	**Fish Fingers** Oven Baked Chips & Baked Beans **G-F**
Vegetarian Tikka Masala Served with Rice & Seasonal Vegetables **M**	**Vegetable Chow Mein Noodles** **G-E**	**Cheesy Vegetable Bake** with Roasted Potatoes, Seasonal Veg & Optional Gravy **G-M**	**Chickpea Curry Served with** Wholegrain Rice & Mixed Salad	**Cheese & Onion Quiche** Oven Baked Chips & Peas **G-E-M**
Pasta with Nut Free Spinach & Basil Pesto **G-M**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**
Fruit Bowls	**Vanilla Sprinkle Sponge** **G-E-M**	**Apple Crumble & Custard** **G-M**	**Watermelon Sticks**	**Shortbread sticks** **G**

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Lunch Menu

Week 3

W/C - 16/11, 07/12, 11/01, 01/02, 01/03, 22/03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Margherita Pizza served with Wedges & Mixed Salad **G- M-E-SO**	**Chicken Burger** Served with Wedges & Baked Beans **U**	**Roast Chicken** with Roasted Potatoes, Seasonal Vegetables & Optional Gravy	**Chicken Tikka Curry** with Wholegrain Rice & Seasonal Vegetables **M**	**Fish Fingers** Oven Baked Chips & Baked Beans **G-F**
Vegetable Chili con Carne served with Rice & Seasonal Vegetables **M**	**Vegetarian Burger** Served with Wedges & Baked Beans **G-Se**	**Parsnip & Apple Slice** with Roasted Potatoes, Seasonal Veg & Optional Gravy **G-So**	**Jacket Potato with** Tuna Mayonnaise with Seasonal Vegetables F-E	**Carrot & Chickpea Nuggets** Oven Baked Chips & Peas **G-M**
Pasta with Nut Free Spinach & Basil Pesto **G-M**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**	**Pasta with Homemade Tomato Sauce** **G**
Fruit Bowls	**Apple Custard Cake** **G-E-M**	**Chocolate Crispy Cake** **G-So-M**	**Jelly & Fruit Slices**	**Carrot & Cinnamon Cookies** **G-E-M**

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Allergen Key

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