

WEEK 1 LUNCH MENU

MEAT FREE MONDAY

Moroccan Chickpea & Vegetable medley with Couscous, salad & Tzatziki
OR

Jacket Potato with Beans or Cheese & Homemade coleslaw & salad

Sultana Flapjacks

Fresh Fruit

TUESDAY

Creamy Spaghetti Carbonara with Garlic bread & Peas or Salad
OR

Creamy Mushroom Spaghetti with Garlic Bread & peas or salad (V)

OR

Jacket Potato with Tuna, Beans or Cheese & Homemade Coleslaw & Salad

Homemade Cake

Fresh Fruit

ROAST WEDNESDAY

Roast Beef with Yorkshire pudding, roast potatoes, vegetables & gravy
OR

Quorn Roast with Yorkshire Pudding, roast potatoes, vegetables & gravy (V)

OR

Jacket Potato with Tuna, Beans or Cheese & Homemade coleslaw & salad

Peach Yoghurt & Peach slices

Fresh Fruit

THURSDAY

Chicken & Vegetable Curry with basmati rice & Naan bread
OR

Chickpea & Vegetable Curry with basmati rice & Naan bread (V)

OR

Jacket Potato with Tuna, Beans or Cheese, Homemade coleslaw & salad

Chocolate Orange sponge & Chocolate custard

Fresh Fruit

FISHY FRIDAY

Breaded Fish Cake with Chips & Peas or Baked Beans
OR

Cheese & Vegetable Puff with Chips & Peas or Baked Beans (V)

OR

Jacket Potato with Tuna, Beans or Cheese, Homemade coleslaw & salad

Raspberry Jam & Coconut Macarons

Fresh Fruit

WEEK 2 LUNCH MENU

MEAT FREE MONDAY

Veggie Bean Burritos - Wholewheat Tortilla wraps filled with Mexican beans, onions, peppers, rice & cheese, served with salad

OR

Jacket Potato with Baked Beans or Cheese, homemade coleslaw & salad

Shortbread fingers & milk

Fresh Fruit

TUESDAY

Pork Sausages, Chips & Peas or Baked beans

OR

Vegetarian Sausages, Chips & Peas or Baked beans (V)

OR

Jacket Potato with Tuna, Baked Beans or Cheese, homemade coleslaw & salad

Sticky Toffee (& date) Pudding with Custard

Fresh Fruit

ROAST WEDNESDAY

Roast Turkey, with stuffing, roast potatoes, vegetables & gravy

OR

Quorn Roast with stuffing, roast potatoes, vegetables & gravy (V)

OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Orange Jelly with Fresh Oranges

Fresh Fruit

THURSDAY

Bolognese Pasta Bake (with hidden veg), garlic bread & salad

OR

Tomato Pasta (with hidden veg), Garlic bread & salad (V)

OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Homemade Cake

Fresh Fruit

FISHY FRIDAY

Fish Pie, topped with creamy mash, served with vegetables

OR

Cheesy vegetable Pie topped with creamy mash, served with vegetables (V)

OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Strawberry Yoghurt with Fresh Strawberries

Fresh Fruit

WEEK 3 LUNCH MENU

MEAT FREE MONDAY

Macaroni Cheese with Garlic Bread, Vegetables or Salad
OR

Jacket Potato with Baked Beans or Cheese, homemade coleslaw and salad

Apple Flapjacks
Fresh Fruit

TUESDAY

Chilli Con Carne (with hidden veg), rice and salad
OR

Veggie Bean Chilli (with hidden veg), rice & salad (V)
OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Peach sponge & custard
Fresh Fruit

ROAST WEDNESDAY

Roast Gammon with roast potatoes, vegetables & gravy
OR

Quorn roast with Roast Potatoes, vegetables and gravy (V)
OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Mango Yoghurt with Coconut
Fresh Fruit

THURSDAY

Chicken & Broccoli stir Fry with noodles
OR

Vegetable Stir Fry with noodles (V)
OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Homemade Cake
Fresh Fruit

FISHY FRIDAY

Battered Fish Fillet with Chips & Peas or Baked Beans
OR

Veggie Burger in a Bun with Chips & Peas or Baked Beans (V)
OR

Jacket Potato with Tuna, Baked Beans or Cheese, Homemade coleslaw & salad

Rice pudding with raspberry compote
Fresh Fruit

