Lunch Menu

Week 1

W/C - 02/11, 23/11, 14/12, 04/01, 25/01, 15/02, 08/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken & Sweetcorn Pasta G-M	**Cheese & Tomato Pizza Slice** G- M-So- E	**Roast Gammon**	**Lamb Curry** Lamb & Green Lentils G	**Fish Fingers** & Tomato Ketchup F- G
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
SIDES	Seasonal Vegetables	Baked Potato Wedges & Coleslaw	Roasted Potatoes, Seasonal Veg & Gravy	Wholegrain Rice & Seasonal Veg	Oven Baked Chips & Peas
	Jacket Potato with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E	**Jacket Potato** with a choice Toppings G-M-F-E	**Jacket Potato** with a choice Toppings G - M-F-E

< —------- Available Daily - Baguette sandwich, with a choice of Cheese or Ham or Tuna Mayo **—------- >**

Fruit Salad	Pineapple Sponge & Custard 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, 21/12, 11/01, 01/02, 22/02, 15/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Curried Chicken & Yellow Rice	**Cheese & Tomato Pizza Twists** G- M-E-SO	**Roast Chicken Thigh**	**Sticky Chicken** G-SO-Sd	**Fish Fingers** Breaded Pollock or Salmon Fish Fingers F-G
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
SIDES	Served With Seasonal Veg	Baked Potato Wedges and Coleslaw or Salad F	Roasted Potatoes, Seasonal Veg	Steamed Rice & Seasonal Veg	Chips & Baked Beans
	Jacket Potato with a choice of Toppings G-M-F-E	**Jacket Potato with a choice of Toppings** G -M-F-E	**Jacket Potato with a choice of Toppings** G-M-F-E	**Jacket Potato with a choice of Toppings** G-M-F-E	**Jacket Potato with a choice of Toppings** G
	< —------- Available Daily – Baguette or Sandwich with a choice of Cheese or Ham or Tuna Mayo **—------- >**				
	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, 28/12, 18/01, 08/02, 01/03, 22/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	**Cheesy Macaroni Pasta Bake** G- M-Mu	**Beef Burger In a Roll** GL-So-Se	**Roast Chicken**	**BBQ Chicken** With Chickpeas	**Fish Fingers** Breaded Pollock Fish Fingers **(Salmon Or Pollock)** F-G
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
SIDES	Seasonal Veg	Wedges & Baked Beans	Roasted Potatoes, Seasonal Veg	Wholegrain Rice & Cucumber Sticks	Chips & Sweetcorn
	Jacket Potato with a choice of Toppings G-M-F-E	**Jacket Potato with a choice of Toppings** G-M-F-E	**Jacket Potato with a choice of Toppings** G-M-F-E	**Jacket Potato with a choice of Toppings** G-M-F-E	**Jacket Potato with a choice of toppings** G-M-F-E

< —------- Available Daily – Baguette or Sandwich with a choice of Cheese or Ham or Tuna Mayo **—------- >**

	Fruit Bowls	**Peach Custard Cake** G-E-M	**Chocolate Crispy Cake** G-So-M	**Jelly & Fruit Slices**	**Carrot & Cinnamon Cookies** G-E-M

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