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**	**Chicken Curry** G	**Fish Fingers** & Tomato Ketchup F- G
	Vegetable Meatballs in Tomato Sauce G -M	**Cheesy Pastry Slice** G- So - E - M	**Sweet Potato & Spinach Omelette** E	**Sweet Potato & Chickpea Curry**	**Vegetable Fingers** & Tomato Ketchup G
SIDES	Penne Pasta & Mixed Salad	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	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G - M	**Jacket Potato** with a choice Toppings G - M - F - E	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Tuna Mayo or Egg Roll G-F-E	**Ham or Egg Roll** G	**Egg Roll** G-E	**Cheese or Egg Roll** G-M	**Tuna Mayo or Egg Roll** G-F-E
	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

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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
	Eat Curious Tikka Masala with Rice M	**Pizza al Pesto** Freshly made deep pan Pizza G- So-E-M	**Cheesy Vegetable Bake** G-M	**Vegetable Curry** G-So-E-M Ce-Mu	**Cheese & Onion Quiche** G-M-E
SIDES	Served With Seasonal Veg	Baked Potato Wedges and Coleslaw or Salad E	Roasted Potatoes, Seasonal Veg	Steamed Rice & Seasonal Veg	Chips & Baked Beans
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Jacket Potato** with a choice Toppings G - M--F-E	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Jacket Potato** with a choice Toppings G - M-F-E	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Tuna Mayo or Egg Roll G-F-E	**Ham or Egg Roll** G	**Egg Roll** G-E	**Cheese or Egg Roll** G-M	**Tuna Mayo or Egg Roll** G-F-E
	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
	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
	Vegetable Meatballs in Tomato Sauce G -M	**Vegetable Burger in a Roll** G-Se	**Parsnip & Apple Slice** G	**BBQ Beans & Vegetables**	**Carrot & Chickpea Nuggets** M-G
SIDES	Seasonal Veg	Wedges & Baked Beans	Roasted Potatoes, Seasonal Veg	Wholegrain Rice & Cucumber Sticks	Chips & Sweetcorn
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Jacket Potato** with a choice Toppings G - M-F-E	**Pasta with Nut Free Spinach & Basil Pesto** G-M	**Jacket Potato** with a choice Toppings G-M-F-E	**Pasta with Homemade Tomato Sauce** G
	Tuna Mayo or Egg Roll G-F-E	**Ham or Egg Roll** G	**Egg Roll** G-E	**Cheese or Egg Roll** G-M	**Tuna Mayo or Egg Roll** G-F-E
	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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Allergen Key

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