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
	Vegetable Meatballs in Tomato Sauce G -M	**Cheesy Broccoli Pinwheels** 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
	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
	Eat Curious Tikka Masala with Rice M	**Pizza al Pesto** Freshly made deep pan Pizza G- So-E-M	**Cheesy Vegetable Bake** G-M	**Courgette Katsu & Mild Curry Sauce** G-So-E-M Ce-Mu	**Cheese & Onion Quiche** G-M-E
SIDES	Served With Seasonal Veg	Baked Potato Wedges and Coleslaw or Salad F	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
	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 Chilli Spiced Vegetable & Bean Chilli & Rice 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
	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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