
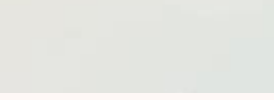









Lunch Menu

Week
1



w/c: 01/09, 22/09, 13/10,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mediterranean Chicken Served with Khobez Bread & Roasted Vegetables	Homemade Margherita Pizza Served with Baked Potato Wedges and Coleslaw or Peas	Roast Gammon Served with Crispy Roasties, Broccoli & Gravy	Lamb Jollof Rice Served with a Crunchy Slaw	Golden Fish Fingers Served with Chips & Baked Beans
Vegetable Tagine Served with Khobez Bread & Roasted Vegetables	Homemade Pizza al a Pesto Served with Baked Potato Wedges and Coleslaw or Peas	Carrot & Stuffing Plait Served with Crispy Roasties, Broccoli & Gravy	Sweet Potato & Black Bean Curry Served with Steamed Rice & Crunchy Slaw	Roasted Vegetable Pitta Pockets Served with Chips & Baked Beans
Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce
 Jacket Potato with Cheese or Baked Beans or Tuna Mayo	 Jacket Potato with Cheese or Baked Beans or Tuna Mayo	 Jacket Potato with Cheese or Baked Beans or Tuna Mayo	 Jacket Potato with Cheese or Baked Beans or Tuna Mayo	 Jacket Potato with Cheese or Baked Beans or Tuna Mayo
 Apple Crumble Cake	 Jelly & Fruit Slices	 Carrot & Cinnamon Cookies	 Fruit Salad	 Hob Nob Biscuit 50/50 Wholemeal

SEASONAL VEGETABLES, SALAD BAR, FRESH 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

Lunch Menu

Week
2

Stir.
let's eat. together

w/c: 08/09, 29/09, 20/10,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Char Sui Pork Served with Noodles & Green Cabbage	Homemade Pizza Margherita Served with Paprika Wedges & Coleslaw	Chicken, Sage & Onion Slice Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	Bombay Chicken Biryani Served with Wholegrain Rice & Broccoli	Golden Fish Fingers Served with Chips & Baked Beans
Chow Mein Noodles Served with Green Cabbage	Vegetable Supreme Pizza Served with Garlic & Herb Wedges and Coleslaw or Peas	Crispy Cheese & Lentil Bake Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	Malai Koftas (Paneer) Served with Wholegrain Rice & Broccoli	Sweet Potato, Leek & Cheese Quiche Served with Chips & Baked Beans
Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce
Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo
Vanilla Sprinkle Sponge	Watermelon Sticks	Chocolate Brick	Fruit Bowls	Oatie Cookie

SEASONAL VEGETABLES, SALAD BAR, FRESH 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

Lunch Menu

Week
3



w/c: 15/09, 06/10, 27/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tacos Served with Rainbow Rice & Sweetcorn	Homemade Sausage Rolls Served with Wedges & Baked Beans	Roast Chicken Thigh Served with Crispy Roasties, Carrots & Sweetcorn	Mac n Cheese with a Crispy Crumb Topping Served with Green Beans	Golden Fish Fingers (Salmon Or Pollock) Served With Chips & Garden Peas
Eat Curious Tacos Served with Rainbow Rice & Sweetcorn	Homemade Cheese & Onion Rolls Served with Wedges & Baked Beans	Cheesy Root Veg Crumble Served with Carrots & Sweetcorn	Vegetable & Bean Chilli Served with Steamed Rice & Green Beans	Vegetable Fingers Served with Chips & Baked Beans
Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce	Penne Pasta with Nut free Spinach and Basil Pesto	Penne Pasta with Homemade Tomato Sauce
Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo	Jacket Potato with Cheese or Baked Beans or Tuna Mayo
Orange & Cinnamon Cake	Fruit Bowls	Vanilla Ice Cream Cup	Jelly & Fruit Slices	Polish Vanilla Cookies

SEASONAL VEGETABLES, SALAD BAR, FRESH 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