

# Lunch Menu Week 1



w/c 23rd Feb	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Chef choice	Chef choice	Chef choice	Chef choice	Chef choice
HOT MAINS	Tomato & Basil Pasta <small>ve</small>	Wholemeal Spaghetti Bolognese with Salad and Garlic Bread	BBQ chicken wrap Rice	Curry and Rice	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Pizza <small>v</small>	Vegetarian Sausage Toasties <small>v</small>	Cheese & Red Onion Quiche <small>v</small>	Spring Rolls <small>v</small>	Veggie Fingers with Chips & Mushy Peas <small>v</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Yoghurt	Sponge Cake	Fruit Yoghurt	Biscuits	Ice Cream Cheese & Crackers



Meat Free Monday

**Available Daily :** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt.

Please speak to a member of staff about dietary requirements.

All menus are checked by a nutritionist and adhere to School Food Standards.



Vegetarian  
Vegan  
Oily Fish



# Lunch Menu Week 2



w/c 2nd March	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Chef choice	Chef choice	Chef choice	Chef choice	Chef choice
HOT MAINS	Wholemeal Pizza with wedges & Beans	Meatballs Pasta	All day Breakfast	Rice and Chicken Curry	Fish Fingers with chips & Garden Peas 
	Vegetarian Chilli with Rice	Quorn Bolognaise 	Roasted Red pepper Quiche with salad 	Noodles	Cheese on Toast 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge cake & Custard	Fruit Cheese & Cracker	Fresh Fruit salad	Sponge cake	Ice Cream



Meat Free Monday

**Available Daily :** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt.

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Vegetarian  
Vegan  
Oily Fish



# Lunch Menu Week 3



w/c 9th March	PLANET FRIENDLY Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Chef choice	Chef choice	Chef choice	Chef choice	Chef choice
HOT MAINS	Quorn Mince Cottage Pie with Seasonal Veg V	Jewel's Chicken Karahi with Wholegrain Rice & Green Beans	Chicken nuggets and chips	Spaghetti Bolognese	Fish Fingers with chips & Garden Peas 
	Vegetarian Sausage Roll V	Noodles V	Chef Choice ve	Homemade Tomato Sauce with Crusty Bread ve	Veggie Sausage Roll with Chips & Garden Peas ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad ve	Apple Flapjacks	Sponge Cake topped with Jam & Whipped cream	Shortbread Biscuits ve	Ice Cream Cheese & Crackers



Meat Free Monday

Available Daily : Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt.

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Vegan  
Oily Fish

# Lunch Menu Week 4



w/c 16th March	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Chef choice	Chef choice	Chef choice	Chef choice	Chef choice
HOT MAINS	Wholemeal pizza & wedges with Beans V	Chicken Curry & Rice	Meatball sub with Tortilla Chips & Salad	Chef Bonnie's Sunshine Pasta	Fish Fingers with Chips & Garden Peas
	Cherry Tomato & Cheese Quiche with Salad V	Stir Fry Noodles V	Vegetable Paella ve	Vegetable & Rice Enchiladas V	Veggie fingers with Chips & Garden Peas V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fruit Yoghurt	Ginger Biscuits ve	Sponge Cake with Jam & Whipped Cream	Fruit Yoghurt	Ice cream



Meat Free Monday

Available Daily : Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt.

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Vegetarian  
Vegan  
Oily Fish



# Lunch Menu Week 5



w/c 23rd March	PLANET FRIENDLY Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Chef choice	Chef choice	Chef choice	Chef choice	Chef choice
HOT MAINS	Tomato & Basil Pasta Pizza ve	Homemade Chicken Korma with wholegrain Rice, Green Beans & Chutney	All Day Breakfast	Spaghetti Bolognese	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos with Salad V	Stir Fry Noodles ve	Veggie Breakfast V	Spanish Omelette with Salad V	Veggie Sausage Roll with Chips & Garden Peas ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad ve	Apple Flapjacks	Iced Sponge Cake	Fruit Yoghurt	Cheese & Crackers Ice Cream



Meat Free Monday

**Available Daily :** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt.

Please speak to a member of staff about dietary requirements.

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Oily Fish