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 Chicken**	**Halal Lamb Curry** Lamb & Green Lentils G	**Fish Fingers** Breaded Pollock F- G
	Sweet Potato & Chickpea Curry with Rice	**Cheesy Broccoli Pinwheels** G- So - E - M	**Sweet Potato & Spinach Omelette** E	**Cheesy Vegetarian Enchiladas**	**Vegetable Fingers** G
SIDES	Seasonal veg	Baked Potato Wedges & Coleslaw	Roasted Potatoes, Seasonal Veg & Gravy	Wholegrain Rice & Seasonal Veg	Oven Baked Chips & Peas
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G - M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G - M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Jacket Potato with a choice Toppings G - M--F-E	**Tuna Mayo Roll** G-F-E	**Jacket Potato** with a choice Toppings G - M--F-E	**Cheese Roll** G-M	**Jacket Potato** with a choice Toppings G - M--F-E
	Fruit Salad	**Pineapple Sponge** G E M	**Apple & Blueberry FlapJacks** G	**Jelly & Fruit Slices**	**Chocolate & Vanilla Shortbread** G

SEASONAL VEGETABLES, SALAD, BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

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**	**Halal Sticky Chicken** **G-SO-Sd**	**Fish Fingers** Breaded Pollock **F-G**
	Eat Curious Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice **M**	**Chow Mein Noodles**	**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 E	Baked Potato Wedges and Coleslaw or Salad	Roasted Potatoes, Seasonal Veg	Steamed Rice & Seasonal Veg	Chips & Baked Beans
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) **G**	**Pasta with Nut Free Spinach & Basil Pesto** **G - M**	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) **G**	**Pasta with Nut Free Spinach & Basil Pesto** **G - M**	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) **G**
	Jacket Potato with a choice Toppings **G - M--F-E**	**Tuna Mayo Roll** **G-F-E**	**Jacket Potato** with a choice Toppings **G - M--F-E**	**Cheese Roll** **G-M**	**Jacket Potato** with a choice Toppings **G - M--F-E**
	Fruit Bowls	**Vanilla Sprinkle Sponge** **G-E-M**	**Apple Crumble** **G-M**	**Watermelon Sticks**	**Shortbread Sticks** **G**

SEASONAL VEGETABLES, SALAD, BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

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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	**Chicken Sausage Roll** GL-Eg	**Roast Chicken**	**Halal Chilli Con Carne**	**Fish Fingers** Breaded Pollock Fish Fingers F-G
	Eat Curious Tikka Masala with Rice M	**Cheese & Onion Roll** GL-Mi-M	**Parsnip & Apple Slice** G	**BBQ Beans & Vegetables** Wholegrain Rice	**Carrot & Chickpea Nuggets** M-G
SIDES	Seasonal Veg	Wedges & Baked Beans	Roasted Potatoes, Seasonal Veg	Wholegrain Rice & Seasonal Veg	Chips & Sweetcorn
	Pasta with Homemade Tomato Sauce (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G - M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G	**Pasta with Nut Free Spinach & Basil Pesto** G - M	**Pasta with Homemade Tomato Sauce** (Red lentils & Veg) G
	Jacket Potato with a choice Toppings G - M--F-E	**Tuna Mayo Roll** G-F-E	**Jacket Potato** with a choice Toppings G - M--F-E	**Cheese Roll** G-M	**Jacket Potato** with a choice Toppings G - M--F-E
	Fruit Bowls	**Peach Cake** G-E-M	**Chocolate Crispy Cake** G-So-M	**Jelly & Fruit Slices**	**Carrot & Cinnamon Cookies** G-E-M

SEASONAL VEGETABLES, SALAD, BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

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