# LUNCH Week 1

**W/C 31/08, 21/09, 12,10, 02/11, 23/11, 14/12, 04/01, 25/01, 25/02**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN 1 | **BBQ, Sweetcorn & Pepper Pizza (V)**<br>Homemade wholemeal pizza topped with tomato & BBQ sauce, cheese, peppers and sweetcorn. | **Southern Baked Chicken**<br>Lightly dusted chicken, oven-roasted with a blend of gentle spices. | **Roast Gammon**<br>Roasted Cured Gammon Roast Dinner. | **Pasta Bolognese**<br>Pasta served with a rich Italian bolognese sauce. | **Fish & Chip Bap**<br>Golden fish fingers & chips served in a soft white roll. |
| MAIN 2 | **BBQ No Chicken & Sweetcorn Pizza (V)**<br>Homemade wholemeal pizza topped with tomato & BBQ sauce, cheese, corn & vegetarian 'chicken' pieces. | **Vegetable Chilli (VE)**<br>Vegetables and beans in a lightly spiced tomato sauce. | **Mexican Fiesta Bean Wrap (V)**<br>Mexican Beans cooked in a spiced tomato sauce, rolled in a soft tortilla wrap. | **Shepherdess Pie (VE)**<br>Vegetarian filling in rich gravy, topped with creamy mashed potato and baked until golden. | **Sausage Dog (VE)**<br>Plant-based sausage served in a soft white finger roll.. |
| CARB | **Tomato Pasta Salad** | **Boiled Rice** | **Skin on Roasties** | **Mash** | **Chips** |
| VEG | **Broccoli** | **Green Beans** | **Garlic Autumn Greens** | **Roasted Corn** | **Baked Beans / Peas** |
| 3RD OPTION | **Pasta, Jacket Potato & Deli** | **Pasta, Jacket Potato & Deli** | **Pasta, Jacket Potato & Deli** | **Pasta, Jacket Potato & Deli** | **Pasta, Jacket Potato & Deli** |
| DESSERT | **Chococaramel Mousse (V)** | **Pear & Ginger Cake (VE)** | **Autumn Crumble & Custard (V)** | **Lemon Drizzle Flapjack (VE)** | **Ice Cream(V)** |

Available Daily – Fresh Fruit, Jelly or Yoghurt

**MENU KEY**

**VE** Vegan and Planet Friendly

**V** Vegetarian

**New** New Dish

# LUNCH Week 2

**W/C 07/09, 28/09, 19/10, 9/11, 30/11, 21/12, 11/01, 01/02, 22/02**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN 1 | **Mac n' Cheese (V)**<br>Macaroni pasta in a creamy cheese sauce. | **Cottage Pie**<br>Savoury mince in gravy, topped with creamy mashed potato and baked until golden. | **Roast Gammon**<br>Roasted cured Gammon Roast Dinner. | **Tandoori Chicken Flatbread**<br>Tandoori-spiced chicken on a flatbread with Asian slaw and cool mint youghurt. | **BBQ Chipolata Sausage**<br>Chipolata sausages baked with a BBQ sauce glaze. |
| MAIN 2 | **Tomato and Sausage Pasta Bake (VE)**<br>Pasta baked in a rich tomato and sausage sauce, topped with melted cheese. | **Smokey Corn Polenta (VE)**<br>Smokey corn on a bed of soft, creamy polents, topped with fresh salsa. | **Bombay Potato, Samosa Pie (V)**<br>Beans and root vegetables in a rich gravy, topped with a golden pastry lid. | **No Chicken Tandoori Flatbread (VE)**<br>Tandoori-spiced vegetarian 'chicken' pieces on a flat bread with Asian slaw and cool mint yoghurt . | **Breakfast Wrap (VE)**<br>Softtortilla wrap loaded with beans, cheese and plant-based meatballs. |
| CARB | - - - | Tumeric Rice | Skin On Roasties | Rice | Chips |
| VEG | Sweetcorn | Garden Peas | Roasted Carrots | Crispy Broccoli | Baked Beans /Peas |
| 3RD OPTION | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli |
| DESSERT | Lemon and Oat Cookie (VE) | Pear Upside Down Pudding (V) | Apple Flapjack Crumble (VE) | Fruit Jelly (V) | Shortbread (VE) |

**Available Daily – Fresh Fruit, Jelly or Yoghurt**

V
Vegetarian

**MENU KEY**

VE Vegan and Planet Friendly

# LUNCH Week 3

**W/C 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01, 08/02**



Be More FOOD SMART FOR BODY AND BRAIN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN 1 | **Sweetcorn & Pepper Pizza (V)**<br>Homemade wholemeal pizza topped with tomato and BBQ sauce, cheese, peppers and sweetcorn. | **Cheese Burger**<br>Homemade beefburger patties, cheese slice and served in a soft burger bun. | **Lemon and Garlic Chicken**<br>Oven Roasted chicken marinated in lemon and Garlic. | **Chicken Katsu Noodles**<br>Crispy baked chicken served with noodles and mild curry sauce. | **Fish Fingers**<br>Golden, crispy breaded fish sticks. |
| MAIN 2 | **BBQ No Chicken and Sweetcorn Pizza (V)**<br>Homemade Wholemeal Pizza topped with tomato & BBQ sauce, corn and vegetarian 'chicken' pieces. | **Plantbased cheeseburger (VE)**<br>Plant-based burger, cheese slice served in a soft burger bun. | **Arrabitta Pasta Bake (VE)**<br>Baked Pasta in a lightly spiced tomato sauce. | **Veggie Katsu Noodles (VE)**<br>Plant-based 'chicken' pieces with stir-fried noodles and veggiesin a Japanese curry sauce. | **Teriyaki Plantballs (VE)**<br>Plant-based meatballs in a sticky Asian teriyaki sauce. |
| CARB | Tomato Pasta Salad | Potato Wedges | Skin on Roasties | Lemon and Herb New Potatoes | Chips |
| VEG | Peas and Sweetcorn | BBQ Beans | Cabbage and Carrots | Garlic Roasted Broccoli | Baked Beans / Peas |
| 3RD OPTION | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli | Pasta, Jacket Potato & Deli |
| DESSERT | Chocolate Swirl Shortbread (VE) (New) | Coconut and Lime Cake (VE) | Autumn Fruit Sponge (V) | Apple & Cinnamon Pinwheel (V) | Ice Cream |

**Available Daily – Fresh Fruit, Jelly or Yoghurt**



**MENU KEY** VE Vegan and Planet Friendly V Vegetarian New New Dish