

LUNCH MENU

WEEK 1
Dates here

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Mains

HAPPY TUMS

Veggie Bolognese (SO)

Caribbean Pork Stew

Roast Turkey

Beef Keema

Fish Fingers/ Battered Fish (G,F)

Chicken Chow Mein (G,E,SU)

Patatas Bravas

Veggie

MEAT FREE

Layered Roasted Vegetable Pie (G,MK)

Tandoori Cauliflower

Tomato and Mozzarella Puff Tart (MK,G)

Stir-fry Curried Vegetables

Macaroni Cheese and Leek Crumble (G,MK)

Vegetable Chow Mein (G,E)

Oven Roasted Potato and vegetable Tray Bake

veg

EXTRA GOOD

Broccoli Salad

Sweetcorn Courgettes

Roasted Carrots Savoy Cabbage

Sweetcorn Green Beans

Peas Baked Beans

Stir Fry Veg

Sweetcorn

Carbs

FUEL FOOD

Pasta (G)
Garlic Bread (G)

Coconut Rice and Peas

Thyme Roasted Potatoes

Steamed Rice

Chips

Noodles (G,E)

Dessert

SOMETHING SWEET

Steamed Strawberry Jam Sponge (G,E)

Fruity Crumble (G)

Rice Pudding (MK)

Nutless Bakewell Tart (G)

Lemon Drizzle Cake (G,E)

Jam and Coconut Sponge (G,E,MK)

Fruit Salad

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Orange

APRIL

23rd - St George's Day

Yellow

MAY

23rd - National Biscuit Day

Green

JUNE

LGBTQ+ Month
5th - World Environment Day

Purple

JULY

4th - World Chocolate Day



LUNCH MENU

WEEK 2
Dates here

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Mains

HAPPY TUMS

Vegetarian Chilli (SO)	Beef Burgers (G)	Roast Chicken	Slow Cooked Beef Pie (G)	Fish Fingers/ Battered Fish (G,F)	Lasagne (G,MK)	BBQ Pulled Pork
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Veggie

MEAT FREE

	Vegetable Burgers (G)	Cream Cheese and Spinach Pasta Bake (G,MK)	Creamy Vegetable Pie (G,MK)	Roasted Beetroot Red Onion Tart (G,E)	Vegetarian Lasagne (G,MK)	Cheese and Onion Turnover (G,MK)
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veg

EXTRA GOOD

Sweetcorn Courgettes	Salad	Honey Carrots Broccoli	Green Beans Carrots	Peas Baked Beans	Salad	Cauliflower
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Carbs

FUEL FOOD

Rice	Cajun Spiced Wedges	Roast Potatoes	Crushed Potatoes	Chips	Garlic Bread (G)	Rice
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Dessert

SOMETHING SWEET

Raspberry Brownie (G,E,MK)	Cheesecake (G,MK)	Lemon and Poppy Seed Pudding (G,E)	Rice Krispie Cake (G,MK,SO)	Pineapple Upside Down Cake (G,E)	Millionaires Short Bread (G,MK,SU,SO)	Chocolate Whoopies (G,MK,SO,SU)
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LUNCH MENU

WEEK 3
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Mains

HAPPY TUMS

Vegetable Curry (SO)	Ham and Cheese Pizza (G,MK)	Chicken and Chorizo Tray Bake	Pork and Apple Sausages (G,SU)	Fish Fingers/ Battered Fish (G,F)	Beef Tacos (G)	Macaroni Cheese with Bacon (G,MK,SU)
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Veggie

MEAT FREE

	Cheese and Tomato Pizza ((G,MK)	Chunky Vegetable Tray Bake	Vegan Sausages (SO)	Gnocchi with Tomato and Mozzarella (G,MK)	Vegetarian Taco (G)	Vegetable Pasta Bake (G,MK)
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veg

EXTRA GOOD

Bombay Vegetables	Salad	Broccoli Cauliflower	Sweetcorn Green Beans	Peas Baked Beans	Sweetcorn	Salad
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Carbs

FUEL FOOD

Rice	Wedges	Roasted Potatoes	Mashed Potatoes	Chips	Rice	Pasta (G)
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Dessert

SOMETHING SWEET

Chocolate Chip Pudding (G,MK,SO,E)	Apple Upside Down Cake (G,E)	Fruity Crumble (G)	Banana Muffin (G,E,SU)	Ice Cream (MK)	Lemon and Lime Sponge (G,E,MK)	Fruit Salad
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