

Lunch Menu

Autumn Winter

WEEK ONE 8th & 29th Sept, 20th Oct, 10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

	Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Thai Yellow Vegetable Curry & Mixed Rice  	Chilli BBQ Beef & Bean Ragù with Penne    	Roast Chicken with Gravy & Roasties  	BBQ Marinated Chicken Drumstick & Beak ST Rice    	Sustainably Sourced Battered Fish & Chips 
MEAT FREE	Mac & Cheese with Crispy Onion (V) 	Vegemince Cottage Pie   	Roast Quorn with Gravy & Roasties 	Marinated Roasted Butternut or Cauliflower & Beak ST Rice   	Cheese & Tomato Pizza & Wedges/Chips 
GRAB & GO	BBQ Chicken Melt	Noodle Bar: Shanghai Pork Oriental Chicken 	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad 	Loaded Potatoes with Cheese & Spring Onion    	Vegan Sausage Roll & Home-baked Potato Wedges 
PET 'N' TASTY	Tomato & Basil Pasta 	Pesto Pasta    	Shake Me Salads   	Sweet & Sour Chicken & Rice  	Pasta Arrabbiata 
SIDES	Broccoli, Baked Beans    Mixed Salad, Crisp Garlic Bread	Broccoli, Carrots & Cauliflower Baked Beans    , Mixed Salad	Seasonal Greens & Carrots, Baked Beans    , Mixed Salad	Baked Beans    Garden Salad, Vegetable Salad, Wedges	Peas, Baked Beans    Mixed Salad
TODAY'S DESSERTS	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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V - Vegetarian VE - Vegan

Lunch Menu

Autumn Winter

WEEK TWO 15th Sept, 6th & 27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

	Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Baked Macaroni Cheese with Tomato & Oregano Topping (V)  	Pork Sausage & Mash with Caramelised Onion Gravy 	Roast Gammon Crispy Roasties & Pan Gravy 	Marinated Shawarma Chicken Drumstick & Pilau Rice   	Sustainably Sourced Battered Fish & Chips 
MEAT FREE	Roasted Vegetable & Hummus Panini   	Spaghetti with Roasted Vegetables in Herby Tomato Sauce  	Roasted Lentil Loaf with Sticky Ketchup Glaze & Roast Potatoes 	Vegetable Sausage & Bean Hot Pot   	Cheese & Tomato Pizza & Wedges/Chips  
GRAB & GO	Pepperoni Pizza & Oven-baked Wedges 	Noodle Bar: Korean Plant-based Stir Fry or Oriental Chicken 	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad 	Katsu Chicken Burger 	Home-baked Jacket Potato & Mild Vegetable Mince Chilli  
POT 'N' TASTY	Beef Bolognese Pasta Pot   	Tomato & Basil Pasta 	Chicken Jalfrezi & Steamed Rice   	Pasta Primavera 	Plant-based Korean 'Chicken' Stir Fry & Rice  
SIDES	Broccoli, Baked Beans    , Mixed Salad, Crisp Garlic Bread	Red Tractor Garden Peas or Sweetcorn, Baked Beans    , Mixed Salad	Seasonal Greens & Carrots Baked Beans    , Mixed Salad	Baked Beans    , Country Mixed Vegetables, Garlic Green Beans, Garden Salad	Peas, Baked Beans    , Mixed Salad
TODAY'S DESSERTS	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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Lunch Menu

Autumn Winter

WEEK THREE 1st & 22nd Sept, 13th Oct, 3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

	Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Oven Baked Chicken Goujons, Baked Potato Wedges  	Mild Chicken, Sweet Potato & Lentil Korma & Mixed Rice  	Greek Style Layered Beef & Pasta Bake    	Jerk Marinated Chicken Drumstick & Jollof Rice    	Sustainably Sourced Battered Fish & Chips 
MEAT FREE	Mild & Creamy Vegetable Korma Curry & Mixed Rice   	Vegetable Bolognese Pasta & Garlic Bread Slice   	Roasted Winter Vegetable Casserole & Roast Potatoes  	Greek Style Vegetable Pastitsio (Layered Pasta Bake)  	Cheese & Tomato Pizza, Wedges/Chips  
GRAB & GO	Pepperoni Pizza, Wedges/Chips  	Noodle Bar Asian Noodle Broth 	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad 	Sticky Honey Hotdog & Onions 	Vegetable Cheeseburger (V)  
PET 'N' TASTY	Beef Bolognese Pasta Pot 	Vegetable Tikka Masala & Mixed Rice   	Oriental Chicken & Rice    	Tomato & Basil Pasta Pot (Ve) 	Pesto & Penne Pasta 
SIDES	Sauteed Garlic Green Beans, Baked Beans    Mixed Salad,	Baked Beans    , Garden Salad, Roasted Sweetcorn, Wedges	Seasonal Greens Salad, Roasted Winter Vegetables	Baked Beans    Steamed Broccoli	Peas, Baked Beans    Mixed Salad
TODAY'S DESSERTS	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day	Cake of the Day

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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