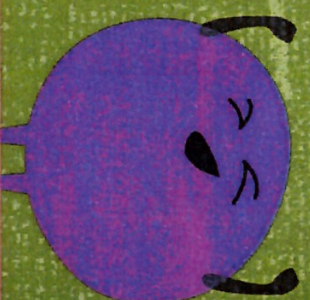


# LUNCH

## Week 1

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



|                   | MONDAY                                                                                              | TUESDAY                                                                                                                                           | WEDNESDAY                                                                      | THURSDAY                                                                     | FRIDAY                                                                                             |
|-------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>MAIN 1</b>     | <b>Cheese &amp; Tomato Pizza (V)</b><br>Homemade wholemeal pizza topped with tomato sauce & cheese. | <b>Southern Baked Chicken</b><br>Lightly dusted chicken, oven-roasted with a blend of gentle spices.                                              | <b>BBQ Chicken</b><br>Chicken cooked in a smoky BBQ Sauce                      | <b>Pork or Chicken Sausages</b><br>Simply sausages served with mash & gravy. | <b>Fish Fingers</b><br>Golden crispy crumb coated fish sticks.                                     |
| <b>MAIN 2</b>     | <b>Cheese &amp; Tomato Pizza (V)</b><br>Homemade wholemeal pizza topped with tomato sauce & cheese. | <b>Chilli Bean Stack (VE)</b><br>Mexican-spiced beans in tomato sauce, layered between tortilla wraps, topped with cheese and baked until golden. | <b>Veg Quiche (V)</b><br>Golden pastry filled with vegetables, egg and cheese. | <b>Veggie Sausage (VE)</b><br>Vegetarian sausages served with mash & gravy.  | <b>BBQ Bean and Cheese Pasty (V)</b><br>Puff pastry filled with BBQ baked beans and melted cheese. |
| <b>CARB</b>       | <b>Tomato Pasta Salad</b>                                                                           | <b>Boiled Rice</b>                                                                                                                                | <b>Skin on Roasties</b>                                                        | <b>Mash</b>                                                                  | <b>Chips</b>                                                                                       |
| <b>VEG</b>        | <b>Broccoli</b>                                                                                     | <b>Green Beans</b>                                                                                                                                | <b>Garlic Autumn Greens</b>                                                    | <b>Roasted Corn</b>                                                          | <b>Baked Beans / Peas</b>                                                                          |
| <b>3RD OPTION</b> | <b>Pasta, Jacket Potato &amp; Deli</b>                                                              | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                                                            | <b>Pasta, Jacket Potato &amp; Deli</b>                                         | <b>Pasta, Jacket Potato &amp; Deli</b>                                       | <b>Pasta, Jacket Potato &amp; Deli</b>                                                             |
| <b>DESSERT</b>    | <b>Chococaramel Mousse (V)</b>                                                                      | <b>Pear &amp; Ginger Cake (VE)</b>                                                                                                                | <b>Autumn Crumble &amp; Custard (V)</b>                                        | <b>Lemon Drizzle Flapjack (VE)</b>                                           | <b>Ice Cream (V)</b>                                                                               |

Available Daily – Fresh Fruit, Jelly or Yoghurt

**MENU KEY**

**VE** Vegan and Planet Friendly

**V** Vegetarian

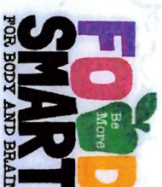
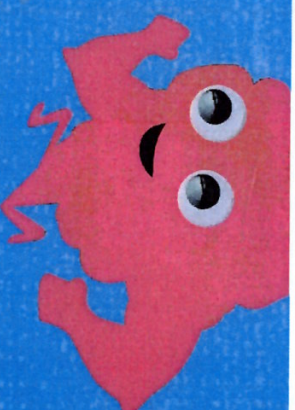
**New** New Dish



# LUNCH

## Week 2

W/C 07/09, 28/09, 19/10, 09/11, 30/11, 11/01, 01/02



|                   | MONDAY                                                                  | TUESDAY                                                                                                    | WEDNESDAY                                                                                                              | THURSDAY                                                                                                 | FRIDAY                                                                                  |
|-------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>MAIN 1</b>     | <b>Mac n' Cheese (V)</b><br>Macaroni pasta in a creamy cheese sauce.    | <b>Chicken Curry</b><br>Chicken slow-cooked in a mild Indian-spiced sauce.                                 | <b>Roast Chicken</b><br>Over-roasted chicken dinner.                                                                   | <b>Pasta Bolognese</b><br>Pasta served with a rich Italian bolognese sauce.                              | <b>Fish Fingers</b><br>Golden crispy crumb coated fish sticks.                          |
| <b>MAIN 2</b>     | <b>Pasta Ariabatta (VE)</b><br>Pasta served with a spiced tomato sauce. | <b>Sweet Potato &amp; Chickpea Curry (VE)</b><br>Sweet potato and chickpeas in a mild Indian-spiced sauce. | <b>Root Veg and Bean Pie (VE) (New)</b><br>Beans and root vegetables in a rich gravy, topped with a golden pastry lid. | <b>Spaghetti and Meatless Balls (VE)</b><br>Vegetarian meatballs in tomato sauce, served with spaghetti. | <b>Veggie Burger (VE) (New)</b><br>Homemade chickpea veggie burger in a soft white bun. |
| <b>CARB</b>       | <b>Potato Salad</b>                                                     | <b>Tumeric Rice</b>                                                                                        | <b>Skin On Roasties</b>                                                                                                | <b>Garlic Bread or Rice</b>                                                                              | <b>Chips</b>                                                                            |
| <b>VEG</b>        | <b>Sweetcorn</b>                                                        | <b>Garden Peas</b>                                                                                         | <b>Roasted Carrots</b>                                                                                                 | <b>Crispy Broccoli</b>                                                                                   | <b>Baked Beans /Peas</b>                                                                |
| <b>3RD OPTION</b> | <b>Pasta, Jacket Potato &amp; Deli</b>                                  | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                     | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                                 | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                   | <b>Pasta, Jacket Potato &amp; Deli</b>                                                  |
| <b>DESSERT</b>    | <b>Lemon and Oat Cookie (VE)</b>                                        | <b>Pear Upside Down Pudding (V)</b>                                                                        | <b>Apple Flapjack Crumble (VE)</b>                                                                                     | <b>Fruit Jelly (V)</b>                                                                                   | <b>Shortbread (VE)</b>                                                                  |

Available Daily – Fresh Fruit, Jelly or Yoghurt

**MENU KEY**

**VE** Vegan and Planet Friendly

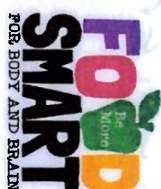
**V** Vegetarian

**New** New Dish



# LUNCH Week 3

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



|                   | MONDAY                                                                                                         | TUESDAY                                                                     | WEDNESDAY                                                                                            | THURSDAY                                                                                                       | FRIDAY                                                                                                 |
|-------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>MAIN 1</b>     | <b>Cheese &amp; Tomato Pizza (V)</b><br>Homemade wholemeal pizza topped with tomato sauce & cheese             | <b>Sausage Dog</b><br>Simply sausage served in a soft finger roll.          | <b>Lemon and Garlic Chicken</b><br>Oven-roasted chicken marinated in lemon and Garlic.               | <b>BBQ Chicken Wrap</b><br>BBQ chicken and fresh salad rolled up in a soft tortilla wrap.                      | <b>Fish Fingers</b><br>Golden, crispy breaded fish sticks.                                             |
| <b>MAIN 2</b>     | <b>Cheesy Garlic Flatbread (V)</b><br>Homemade wholemeal pizza base topped with rich garlic butter and cheese. | <b>Veggie Dog (VE)</b><br>Plant-based sausage served in a soft finger roll. | <b>Veg Tacos (VE)</b><br>Fresh vegetables in a spiced tomato sauce, served on a soft flour tortilla. | <b>Hot Veggie Wrap (VE)</b><br>Fresh vegetables & chickpeas spiced with cumin, wrapped up with a mint chutney. | <b>Crispy Quorn Nuggets (VE)</b><br>Crispy golden nuggets made from vegetables, coated in breadcrumbs. |
| <b>CARB</b>       | <b>Tomato Pasta Salad</b>                                                                                      | <b>Potato Wedges</b>                                                        | <b>Skin on Roasties</b>                                                                              | <b>Lemon and Herb New Potatoes</b>                                                                             | <b>Chips</b>                                                                                           |
| <b>VEG</b>        | <b>Peas and Sweetcorn</b>                                                                                      | <b>BBQ Beans</b>                                                            | <b>Cabbage and Carrots</b>                                                                           | <b>Garlic Roasted Broccoli</b>                                                                                 | <b>Baked Beans / Peas</b>                                                                              |
| <b>3RD OPTION</b> | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                         | <b>Pasta, Jacket Potato &amp; Deli</b>                                      | <b>Pasta, Jacket Potato &amp; Deli</b>                                                               | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                         | <b>Pasta, Jacket Potato &amp; Deli</b>                                                                 |
| <b>DESSERT</b>    | <b>Chocolate Swirl Shortbread (VE) (New)</b>                                                                   | <b>Coconut and Lime Cake (VE)</b>                                           | <b>Autumn Fruit Sponge (V)</b>                                                                       | <b>Apple &amp; Cinnamon Pinwheel (V)</b>                                                                       | <b>Ice Cream (V)</b>                                                                                   |

Available Daily – Fresh Fruit, Jelly or Yoghurt

**MENU KEY**

**VE** Vegan and Planet Friendly

**V** Vegetarian

**New** New Dish

