

Lunch Menu Week 1



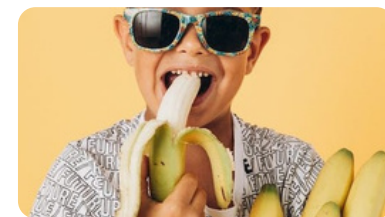
w/c 31 st August		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Broccoli & Cheddar	Chef Choice	Pea & Spinach	Chef Choice
HOT MAINS		Veggie Wholemeal Spaghetti Bolognese with Salad & Garlic Bread 	Chicken Fajita Wraps	Turkey Roast Dinner with Cauliflower Cheese & New Potatoes	Fish Cake or Fish Fingers with Mushy Peas
		Puy Lentil Shepherd's Pie with Garden Peas & Carrots 	Cheese & Red Onion Quiche with Salad 	Vegetarian Chilli with Wholegrain Rice 	Veggie Fingers & Chips with Mushy Peas 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT		Fresh Fruit Salad	sticky Toffee pudding	Bakewell Cherry Slice	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements.
All menus are checked by a nutritionist and adhere to School Food Standards.

 Vegetarian
 Vegan
 Oily fish

Lunch Menu Week 2



w/c 7 th September	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Leek & Potato	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza with Baked Wedges & Salad 	Homemade Chicken Korma with Wholegrain Rice, Green Beans & Mango Chutney	Turkey Sausage & Homemade Mash with Gravy & Peas	Beef Lasagne with Salad & Garlic Bread	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos 	Vegetable & Lentil Stew 	Pesto Wholemeal Pasta 	Spanish Omelette with Salad 	Veggie Sausage Roll with Chips & Garden Peas 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad	Apple Flapjacks	Iced Spongecake with Custard	Shortbread Biscuits	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 3



w/c 14 th September	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Roasted Pepper	Chef Choice
HOT MAINS	Quorn Mince Cottage Pie with Peas 	Jewel's chicken Karahi with wholegrain Rice, Green Beans & Naan Bread	Meatball Sub with Tortilla Chips & Salad	Chicken pie with Homemade Mash & Baby Carrots	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Broccoli & Cream Cheese wholemeal Pasta Bake 	Falafel pittas with Salad 	Vegetable Paella 	Spicy Singapore Noodles 	Veggie Sausage Roll with Chips & Garden Peas 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad	'Chocolate' Cookies	Sponge Cake Topped with Jam & Whipped Cream	Apple Turnovers	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 4



w/c 21 st September	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Leek & Potato	Chef Choice	Tomato & Basil	Chef Choice	Carrot & Coriander
HOT MAINS	Tomato & Basil wholemeal pasta Ve	Roast Turkey Dinner with Roasted Potatoes & Seasonal Vegetables	Chicken Shawarma with Coleslawy & Salad on Tortilla wraps	Turkey Sausage with Baked Wedges & Beans	Homemade Battered Fish or Fishcake with Chips & Beans
	Red Pepper Quiche with Salad V	Vegetable & Lentil Stew Ve	Pesto wholemeal pasta V	Vegetarian Meatball Sub with Tortilla Chips & Salad V	Veggie Burger in a Bun with Chips & Beans V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Scones with Jam & Cream	Vanilla Cheesecake	Pineapple & Coconut Sponge	Fresh Fruit Trifle	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 5



w/c 28 th September	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Broccoli & Cheddar	Chef Choice	Vegetable Soup	Chef Choice	Chinese Sweetcorn
HOT MAINS	Vegan Ravioli in a Homemade Tomato Sauce 	Homemade Scouse with Crusty Bread & Beetroot	Wholemeal No Ham Carbonara Penne Pasta Bake with Peas & Garlic Bread	Chef Choice	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Spanish Omelette with Salad 	Spicy Singapore Noodles 	Vegetable & Rice Enchiladas 	Chef Choice 	Quorn Nuggets with Chips & Garden Peas 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Rice Pudding	Fresh Fruit Salad	Sticky Toffee Pudding	Chef Choice	Oat Cookies

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 6



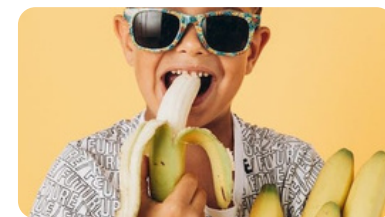
w/c 5 th October	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Red Pepper	Chef Choice	Tomato & Basil	Chef Choice	Chef Choice
HOT MAINS	Asian Noodles 	Chef Daniel's Beef & Bean Quesadilla with Salad & wholemeal wraps	BBQ Chicken with wholemeal Rice & Salad	Turkey Roast Dinner with Cauliflower Cheese & New Potatoes	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Meat Free Burritos with Salad 	Twice Baked Jacket Potatoes 	Vegetarian Sausage Toasties 	Cheese & Onion Plate Pie with Peas 	Veggie Sausage Rolls with Chips & Mushy Peas 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Sponge Cake with Custard	Ginger Biscuits	Fresh Fruit Salad	Fresh Fruit Trifle	Cheese & Crackers

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Lunch Menu Week 7



w/c 12 th October	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Chef Choice	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
HOT MAINS	Wholemeal pizza & Wedges with Salad 	Steak & Vegetable Shortcrust Pie with New Potatoes & Baby Carrots	Turkey Sausage & Homemade Mash with Gravy & Peas	Spanish Chicken with Wholemeal Rice & Green Beans	Fish Fingers with Chips & Garden Peas
	Quorn Mince Cottage Pie with Peas 	Wholemeal Tomato Pasta Bake 	Sri Lankan Sweet Potato & Coconut Curry with Wholemeal Rice 	Spanish Omelette with Salad 	Veggie Sausage Roll with Chips & Garden Peas 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad	Flapjacks	Iced Sponge Cake with Custard	Carrot Cake	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 8



w/c 19 th October		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Pea	Chef Choice	Roasted Pepper	Chef Choice	Leek & Potato
HOT MAINS	Vegetarian Sausage & Mash 	Chinese Chicken Curry with Wholegrain Rice & Prawn Crackers	Turkey Roast Dinner with Roast Potatoes & Seasonal Vegetables	Beef Chilli Tacos with Tortilla Chips & Salad	Fish Finges with Chips & Garden Peas
	Meat Free Burritos with Salad 	Puy Lentil Shepherds Pie with Garden Peas & Carrots 	Spaghetti & Veggie Meatballs 	Vegan Jambalaya	Veggie Fingers
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Marble Cake	Apple Flapjack	Fresh Fruit Salad	pumpkin pie	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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