

# LUNCH Week 1



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	<b>Cheese &amp; Tomato Pizza (V)</b> Homemade wholemeal pizza topped with tomato sauce & cheese.	<b>Southern Baked Chicken</b> Lightly dusted chicken, oven-roasted with a blend of gentle spices.	<b>Lemon and Garlic Chicken</b> Oven-roasted chicken marinated in lemon and garlic.	<b>Pork or Chicken Sausages</b> Simply sausages served with new potatoes & gravy.	<b>Fish Fingers</b> Golden crispy crumb coated fish sticks.
MAIN 2	<b>BBQ Sweetcorn &amp; Pepper Pizza (V)</b> Homemade wholemeal pizza topped with tomato & BBQ sauce, cheese, peppers and sweetcorn.	<b>Vegetable Chilli (VE) (New)</b> Vegetables and beans in a lightly spiced tomato sauce.	<b>Veg Quiche (V)</b> Golden pastry filled with vegetables, egg and cheese.	<b>Veggie Sausage (VE)</b> Vegetarian sausages served with new potatoes & gravy.	<b>BBQ Bean and Cheese Pasty (V)</b> Puff pastry filled with BBQ baked beans and melted cheese.
CARB	Tomato Pasta Salad	Boiled Rice	Skin on Roasties	New Potatoes	Chips
VEG	Broccoli	Corn	Garlic Autumn Greens	Green Beans	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)	Jelly

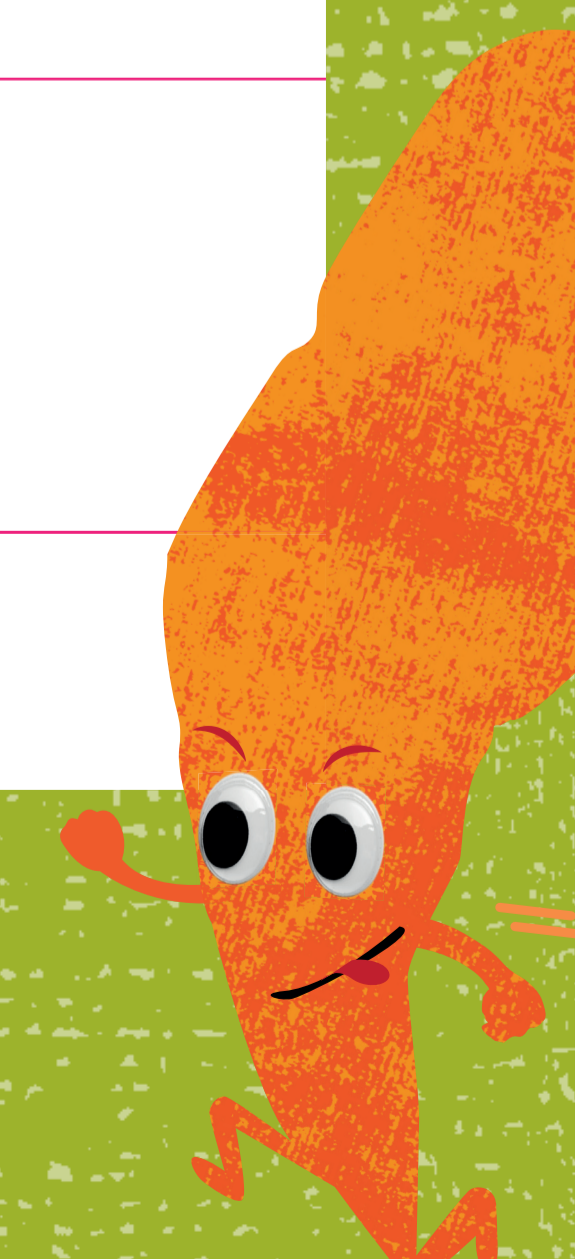
Available Daily – Fresh Fruit, Jelly or Yoghurt

## MENU KEY

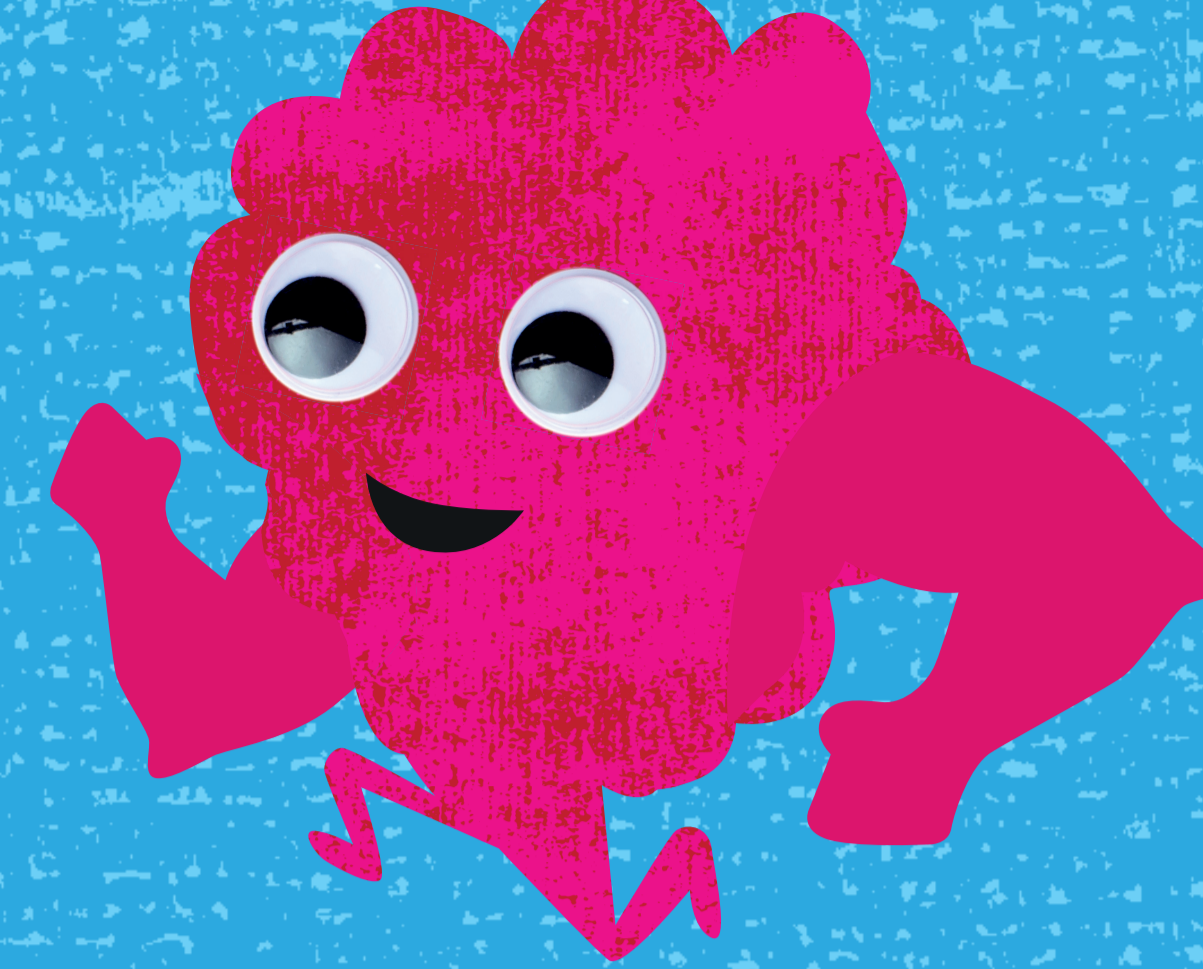
**VE** Vegan and Planet Friendly

**V** Vegetarian

**New** New Dish



# LUNCH **Week 2**

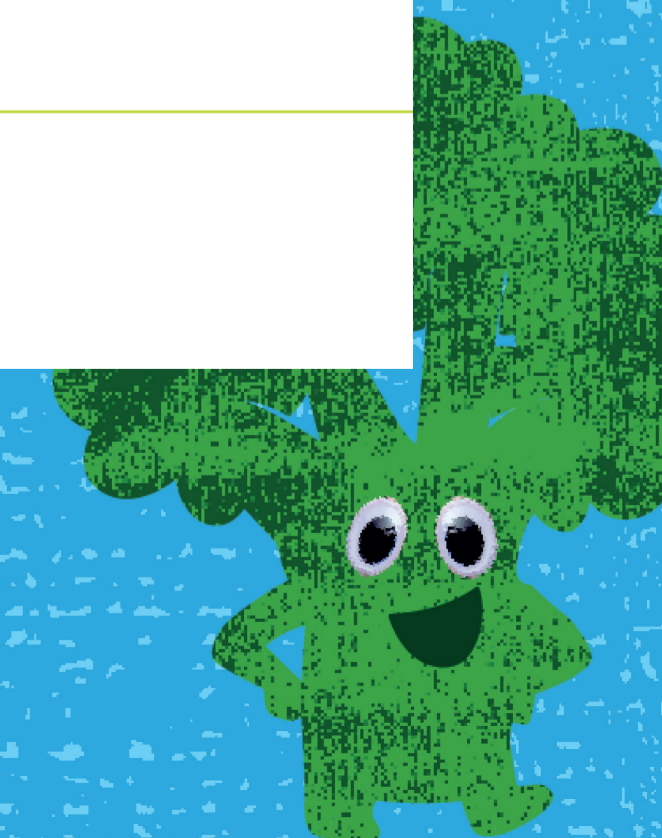


W/C 07/09, 28/09, 19/10, 09/11, 30/11, 11/01, 01/02

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

**VE** Vegan and Planet Friendly

**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
MAIN 1	<b>Cheese &amp; Tomato Pizza (V)</b> Homemade wholemeal pizza topped with tomato sauce & cheese	<b>Sausage Dog</b> Simply sausage served in a soft finger roll.	<b>Roast Gammon</b> Roasted cured gammon served as a classic roast dinner.	<b>BBQ Chicken Wrap</b> BBQ chicken and fresh salad rolled up in a soft tortilla wrap.	<b>Fish Fingers</b> Golden, crispy breaded fish sticks.
MAIN 2	<b>Cheesy Garlic Flatbread (V)</b> Homemade wholemeal pizza base topped with rich garlic butter and cheese.	<b>Veggie Dog (VE)</b> Plant-based sausage served in a soft finger roll.	<b>Veg Tacos (VE)</b> Fresh vegetables in a spiced tomato sauce, served on a soft flour tortilla.	<b>Hot Veggie Wrap (VE)</b> Fresh vegetables & chickpeas spiced with cumin, wrapped up with a mint chutney.	<b>Crispy Quorn Nuggets (VE)</b> Crispy golden nuggets made from vegetables, coated in breadcrumbs.
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 & Soy 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)	Fruit Jelly (V)

Available Daily – Fresh Fruit, Jelly or Yoghurt

**MENU KEY**

**VE** Vegan and Planet Friendly

**V** Vegetarian

**New** New Dish

