



Lunch week 1



Monday

Roast red pepper & tomato soup
Poppyseed bloomer

Jamaican jerk chicken (h)
Rice & peas
BBQ beans
Coriander corn
Potato & pepper frittata (v)
Crunchy salad

Pasta with Bolognese or a plum tomato & basil sauce

Plum & apple shortbread crumble & custard

Tuesday

Creamed sweetcorn soup
Floured knots

Cumberland sausage
Chicken sausage (h)
Mashed potatoes
Roasted vegetables
Garden peas
Onion rings
Rich gravy

Veggie sausage roll (v)

Pasta carbonara or a plum tomato & basil sauce

Chocolate brownie

Wednesday

Mushroom soup
Oat bloomer

Roast loin of pork & stuffing
Roast chicken (h)
Roast potatoes
Broccoli & Carrots
Green beans
Gravy, Yorkie & apple sauce

Singapore rice noodles with soy & chilli (v)

Pasta arrabiata or a plum tomato & basil sauce

Jam sponge & custard

Thursday

Vegetable soup
Foccacia

Battered chicken burger(h) with salad stack & mayo
Paprika wedges
Sweetcorn

Black eyed bean & potato burrito, cheddar & salsa glaze (v)

Pasta with pork meatballs or a tomato & basil sauce

Cupcakes with vanilla buttercream

Friday

Red lentil soup
Sesame buns

Fish finger sandwich
Tartare sauce
Roast hake, plum tomato & black olives

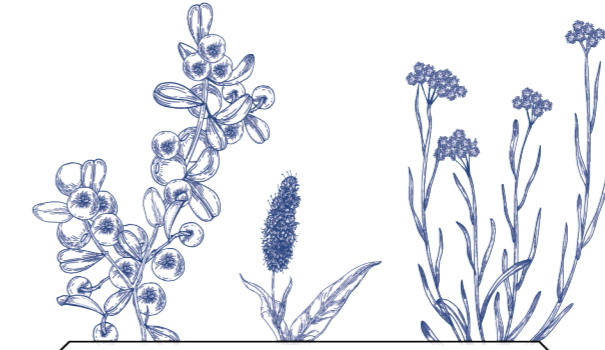
Spinach & feta
Stromboli (v)

Chips baked beans
mushy peas
gravy
curry sauce

Chocolate sponge & chocolate custard



Lunch week 2



Monday

Leek & potato
Poppy seed bloomer

Chilli con carne (h)
Nachos
Cajun potato wedges

Cheesy leek & potato
hotpot (v)

Broccoli & cauliflower

Pasta with Bolognese
or a plum tomato &
basil sauce

Pear crumble & custard

Tuesday

Provencale tomato
soup
Floured knots

Sweet & sour pork
Sweet & sour chicken
(h)

Fragrant rice
Prawn crackers
Veggie rolls

Quorn katsu curry with
pak choi (v)

Steamed vegetables

Pasta carbonara or a
plum tomato & basil
sauce

Chocolate & orange
mousse

Wednesday

Butternut squash &
coriander soup
Oat bloomer

Lemon roast chicken
(h)

Cajun wedges
Southern greens
Toasted corn on the
cob

Barbecue gravy

Halloumi & butternut
squash piri piri skewer
(v)

Pasta arrabiata or with
a plum tomato & basil
sauce

Syrup sponge & custard

Thursday

Vegetable soup
Foccacia

Traditional beef lasagne
(h)

Garlic bread
Mixed salad
Saute potatoes
Roast squash

Roast med veggie &
goats cheese lasagne
(v)

Pasta with pork
meatballs or a tomato
& basil sauce

Iced fingers

Friday

Minestrone soup
Sesame buns

Battered fillet of cod
Tartare sauce
Sesame & soy salmon
noodles

Caramelised red onion
& mozzarella tart (v)

Chips baked beans
mushy peas gravy
curry sauce

Shortbread &
marshmallow rock
road



Lunch week 3



Monday

Carrot & coriander soup
Poppyseed bloomer

Cottage pie (h)
Broccoli & cauliflower
Roast parsnips
Garden peas

Quorn "Toad in the hole" with gravy (v)

Pasta with Bolognese or a plum tomato & basil sauce

Apple & blueberry crumble & custard

Tuesday

Parsnip & apple soup
Floured knots

Chicken fajitas & salsa (h)

Herby potatoes
Baked courgettes
Roasted root veggies

Veggie fajita calzone (v)
Crunchy salad

Pasta carbonara or with a plum tomato & basil sauce

Eton mess

Wednesday

Courgette & pea soup
Oat bloomer

Roast breast of Turkey (h)

Sage & onion stuffing
Carrot & swede
Garden peas
Gravy, Yorkie & cranberry

Cheese & onion pasty with gravy (v)

Pasta arrabiata or with a plum tomato & basil sauce

Apple strudel & custard

Thursday

Creamy vegetable
Focaccia

Chicken korma (h)
Chickpea, spinach & vegetable jalfrezi
Fragrant rice
Poppadum's & chutneys

Sweet potato & coconut korma (v)

Pasta with pork meatballs or a plum tomato & basil sauce

Berry Chill

Friday

Pea & ham soup
Sesame buns

Sausage roll & gravy
Veggie rolls (v)
Thai crab cakes, sweet chilli, aubergine & mango salad

Piri Piri halloumi & avocado buns (h)

Chips baked beans
mushy peas
gravy
curry sauce

Jam doughnuts