

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	Mild Chicken Korma & Mixed Rice 	Chilli BBQ Beef & Bean Ragu with Penne Plus Halal Option 	Roast Chicken with Gravy & Roasties Plus Halal Option	Mexican Burrito Plus Halal Option	Breaded Chicken Nuggets & Chips
MEAT FREE	Mild Vegetable Korma & Mixed Rice Jacket Potatoes with Various Fillings	Vegetable Quesadilla Jacket Potatoes with Various Fillings	Roast Quorn with Gravy & Roasties Jacket Potatoes with Various Fillings	Loaded Potatoes with Cheese & Spring Onion Jacket Potatoes with Various Fillings	Vegetable Pasta Bake Jacket Potatoes with Various Fillings
GRAB & GO	Pepperoni or Margherita Pizza Slice Panini Selection	Greek Flatbread Topped with Marinated Chicken or Plant-Based Mince & Salad Panini Selection	Noodle Bar Shanghai Pork Oriental Chicken Panini Selection	Southern Fried Chicken Burger Panini Selection	Pepperoni or Margherita Pizza
POT 'N' TASTY	Spicy Sausage or Pomodoro Pasta	Chicken Tikka or Firecracker Chicken & Rice	Amigo Meatball or Tomato & Mascarpone Pasta	Chicken Italiano or Pomodoro Pasta	
SIDES	Baked Beans Mixed Salad, Naan Bread	Baked Beans , Mixed Salad & Garlic Bread	Seasonal Greens & Carrots, Baked Beans , Mixed Salad	Baked Beans Garden Salad, Sri Lankan Vegetable Salad, Wedges	Peas, Baked Beans Mixed Salad, Curry sauce, Gravy
TODAY'S DESSERTS	Traybake Selection	Traybake Selection	Traybake Selection	Traybake Selection	Traybake Selection

Slow-Release Energy Foods



For a Healthy Gut



Brain Boost



Contains Calcium



Contains Iron



Contains Protein



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	Katsu Chicken Curry with Mixed Rice	Shepherd's Pie Plus Halal Option	Cumberland Sausage & Mash with Caramelised Onion Gravy	Lasagne Plus Halal Option	Breaded Chicken Nuggets & Chips Fish, Fish Fingers & Chips
MEAT FREE	Katsu Vegetable Curry with Mixed Rice	Quorn Shepherd's Pie	Vegetable Sausage & Bean Hot Pot	Vegetable Lasagne	Quorn Nuggets
	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings	Jacket Potatoes with Various Fillings
GRAB & GO	Pepperoni or Margherita Pizza Slice Panini Selection	Southern Fried Chicken Burger Panini Selection	Sticky Honey Hotdogs & Onions Panini Selection	Chilli Nacho Pot Panini Selection	Pepperoni or Margherita Pizza Panini Selection
POT 'N' TASTY	Carbonara or Basilico Pasta	Firecracker or Tomato & Mascarpone Pasta	Sweet Chilli Chicken or Pomodoro Pasta	Chicken Makhani or chicken Tikka with Rice	
SIDES	Baked Beans, Mixed Salad, Naan Bread	Red Tractor Garden Peas or Sweetcorn, Baked Beans, Mixed Salad	Seasonal Greens & Carrots Baked Beans, Mixed Salad	Baked Beans, Garden Salad, Garlic Bread	Peas, Baked Beans, Mixed Salad, Curry sauce, Gravy
TODAY'S DESSERTS	Traybake Selection	Traybake Selection	Traybake Selection	Traybake Selection	Traybake Selection

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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	Chicken Tikka Masala with Mixed Rice	All Day Breakfast (Plus Halal Option)	Roast Pork with Gravy & Roast Potatoes	Jerk Marinated Chicken & Jollof Rice    	Breaded Chicken Bites & Chips Fish, Fish Fingers & Chips
MEAT FREE	Vegetable Tikka Curry & Mixed Rice   	Vegetarian All Day Breakfast	Roasted Winter Vegetable Casserole with Roast Potatoes  	Baked Macaroni Cheese with Tomato and Oregano Topping 	Vegetable Spring Rolls
GRAB & GO	Pepperoni or Margherita Pizza Slice Panini Selection	Love Joes Chicken Burrito Panini Selection	Shack Burger Panini Selection	Southern Fried Chicken Burger Panini Selection	Pepperoni or Margherita Pizza slice
POT 'N' TASTY	Bolognese or Pomodoro Pasta	Chicken Tikka or Chicken Makhani with Rice	Chicken Italiano or Pomodoro Pasta	Chicken Italiano or Tomato & Mascarpone Pasta	
SIDES	Beans, Baked Beans    Mixed Salad, Naan Bread	Baked Beans    Garden Salad	Seasonal Greens Salad, Roasted Winter Vegetables, Baked Beans	Baked Beans    Garlic Bread	Peas, Baked Beans    Mixed Salad, Curry Sauce, Gravy
TODAY'S DESSERTS	Traybake Selection	Traybake Selection	Traybake Selection	Traybake Selection	Traybake Selection

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