

Lunch Menu Week 1

w/c 2nd September	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach	Chef Choice
HOT MAINS	Wholemeal Pizza & Wedges v	Wholemeal Spaghetti Beef Bolognese with Salad & Garlic Bread (Veggie option available)	Chicken Fajita wraps (Veggie Option Available)	Ham Roast Dinner with Cauliflower Cheese & Roast New Potatoes (Veggie Option Available)	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Quorn Mince Cottage Pie with Peas v	Vegetarian Sausage Toasties with Salad v	Vegetable and Feta Pasta Bake v	Vegetarian Chilli with Rice	Veggie Fingers v
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit, Raisins, Ve Cheese & Crackers, v Yoghurt	Fresh Fruit, Raisins, Ve Cheese & Crackers, v Yoghurt	Apple Flapjack v	Fresh Fruit, Raisins, Ve Cheese & Crackers, v Yoghurt	Rich 'Chocolate' Cookies v



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.

v Vegetarian
 Ve Vegan
 Oily fish

Lunch Menu Week 2

w/c 9th September	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Vegan Ravioli in a Homemade Tomato Sauce with Crusty Bread Ve V	Homemade Chicken Korma Curry with Wholegrain Rice, Green Beans & Mango Chutney (Veggie Option Available)	Sausage & Homemade Mash with Gravy & Peas (Veggie Option Available)	Chilli Con Carne with Rice (Veggie Option Available)	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos V	Vegetable & lentil Stew Ve	Tomato & Basil Pasta V	Vegetable Paella Ve	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve V	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve V	Iced Sponge Cake with Custard V	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve V	Shortbread Biscuits, Yoghurts V

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Lunch Menu Week 3

w/c 16th September	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Pepper	Chinese Sweetcorn
HOT MAINS	Quorn Mince Cottage Pie with Green Beans v	Chinese Chicken Curry with Wholegrain Rice & Prawn Crackers (Veggie Option Available)	Chef Daniel's Beef and Bean Quesadillas (Veggie Option Available)	Beef Stifado with Wholegrain Rice	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake v	Vegetable and Rice Enchiladas v	Stir Fried Vegetables with Spaghetti Ve	Macaroni Cheese v	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Sponge Cake topped with Jam and Whipped Cream v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Syrup Cornflake Cakes v



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Lunch Menu Week 4

w/c 23rd September	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Red Pepper	Chinese Sweetcorn
HOT MAINS	Tomato & Basil Pasta v	Ham Roast Dinner with Seasonal Vegetables & Roast New Potatoes (Veggie Option Available)	Caribbean Beef Curry with wholegrain Rice	Meatball Sub Served with Tortilla Chips (Veggie Option Available)	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Vegetable Biryani Ve	Vegetarian Chilli with Rice Ve	Pesto Pasta Ve	Vegetable Lasagne V	Veggie Burger in a Bun with Chips V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	pineapple & Coconut Sponge v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Oat Cookies, Popcorn, Yoghurts v



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Lunch Menu Week 5

w/c 30th September	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Pea Soup	Red Pepper Soup	Chef Choice	Chef Choice
HOT MAINS	Vegan Ravioli in a ^{Ve} Homemade Tomato Sauce with Crusty Bread	Irish Stew with Crusty Bread	Carbonara Penne Pasta Bake with Peas & Garlic Bread	Chef Choice	Homemade Battered Fish with Chips & Beans
	Spicy Singapore Noodles (Pro Veg School plates Recipe) ^v	Quorn Spaghetti Bolognese ^v	Vegetable and Rice Enchiladas ^v	Chef Choice	Veggie Sausage Rolls ^{Ve}
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, ^{Ve} Cheese & Crackers, Yoghurt ^v	Fresh Fruit, Raisins, ^{Ve} Cheese & Crackers, Yoghurt ^v	Ma'amoul Cookies ^v	Chef Choice	Apple & Oat Crumble ^v



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Lunch Menu Week 6

w/c 7th October	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Leek & Potato	Red Pepper Soup	Tomato & Basil	Chef Choice
HOT MAINS	Cheesy Beans Pasta Bake v	Chef Daniel's Beef & Bean Quesadillas (Wholemeal Wraps) (Veggie Option Available)	Chicken Korma with Rice, Green Bean & Naan Bread (Veggie Option Available)	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread (Veggie Option Available)	Fish Cake or Tandoori Salmon with Chips & Mushy Peas
	Quorn Mince Cottage Pie with Peas v	Asian Noodles v	Macaroni Cheese v	Cheese & Onion Plate Pie with Peas v	Veggie Fingers v
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Flapjack v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Fresh Fruit Yoghurt Crunch Pot v

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Lunch Menu Week 7

w/c 14th October	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza & Wedges v	Spanish Chicken with Rice & Green Beans (Veggie Option Available)	Sausage with Homemade Mash, Gravy & Peas (Veggie Option Available)	Steak & Vegetable Shortcrust Pie with Baby Carrots	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos v	Vegetable & Lentil Stew Ve	Sri Lankan Sweet potato & Coconut Curry with Rice (Pro Veg School Plates Recipe) Ve	Quorn Stovies v	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	pineapple & Coconut Sponge v	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt Ve v	Shortbread Biscuits v



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Lunch Menu Week 8

w/c 21st October	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Tomato & Basil Pasta	Pea Soup	Chinese Sweetcorn
HOT MAINS	Broccoli & Cream Cheese Pasta Bake v	Chinese Chicken Curry with wholegrain Rice & Prawn Crackers (Veggie Option Available)	Cumberland Sausage Slice with Wedges & Beans (Veggie Option Available)	Beef Chilli Tacos with Tortilla Chips (Veggie Option Available)	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos v	Vegetable & Lentil Stew Ve	Tomato & Basil Pasta v	Vegan Jambalaya Ve	Veggie Sausage Rolls Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit, Raisins, Ve Cheese & Crackers, v Yoghurt	Fresh Fruit, Raisins, Ve Cheese & Crackers, v Yoghurt	Sponge Cake & Cream v	Fresh Fruit, Raisins, Ve Cheese & Crackers, v Yoghurt	Fresh Fruit Trifle v



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