



# Lunch Menu Week 1



w/c 6th January	INSET DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Leek & potato	Red Pepper Soup	Tomato & Basil	Chef Choice
HOT MAINS		Chicken burgers with salad or baked beans	Chicken Fajitas	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers with Chips & Mushy Peas
		Asian Noodles	Macaroni Cheese	Quorn Bolognese Vegetarian Sausage Roll	Cheese Toasties
CHEF SPECIAL	<b>Ask Chef about today's special!</b>				
DESSERT		Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Apple Flapjack	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Rich 'Chocolate' Cookies

**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 13th January	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
<b>HOT MAINS</b>	Tomato & Basil Pasta <small>ve v</small>	Ham Roast Dinner with Seasonal Vegetables & Roast New Potatoes	<b>Meatball Subway</b>	Chef Choice	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Vegetarian Chilli with Rice <small>v</small>	Cheese & Onion Plate Pie with Carrots & Peas <small>ve</small>	Meat Free Burrito <small>v</small>	Chef Choice <small>ve</small>	<b>Cheese Toasties</b>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt <small>ve v</small>	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt <small>ve v</small>	Iced Sponge Cake with Custard <small>v</small>	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt <small>ve v</small>	Shortbread Biscuits, Yoghurts <small>v</small>

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

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v Vegetarian  
ve Vegan  
 Oily fish





# Lunch Menu Week 3



w/c 20th January	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
<b>HOT MAINS</b>	Wholemeal pizza & wedges	Jewel's Chicken Karahi with wholegrain Rice	<b>Sausage and Mash with green veg. &amp; carrots</b>	Chef Daniel's Beef & Bean Quesadillas (Veggie Recipe Available)	Fish Fingers with Chips & Garden Peas
	Vegetable & Lentil Stew	Broccoli & Cream Cheese Pasta Bake	<b>Veg. Sausage and Mash with green veg. &amp;</b>	<b>Cheese &amp; Tomato Quesadillas</b>	<b>Cheese Toasties</b>
<b>CHEF SPECIAL</b>	<b>Ask Chef about today's special!</b>				
<b>DESSERT</b>	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Sponge Cake topped with Jam and whipped Cream	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Syrup Cornflake Cakes



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

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 Vegan  
 Oily fish



# Lunch Menu Week 4



w/c 27th January	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
<b>HOT MAINS</b>	Vegan Ravioli in Homemade Tomato Sauce served with Crusty Bread	All Day Breakfast	Chinese Chicken Curry with Rice & Prawn Crackers	<b>Beef Chilli Tacos</b>	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	<b>Cheese &amp; Tomato Paninis</b>	<b>Vegetarian all day breakfast</b>	Vegetable and Rice Enchiladas	<b>Vegetable Chilli Tacos</b> Vegetable & Lentil Stew	<b>Cheese Toasties</b>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit, Raisins,  Cheese & Crackers,  Yoghurt	Fresh Fruit, Raisins,  Cheese & Crackers,  Yoghurt	pineapple & Coconut Sponge	Fresh Fruit, Raisins,  Cheese & Crackers,  Yoghurt	<b>Oat Cookies</b>



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

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 Vegan  
 Oily fish



# Lunch Menu Week 5



w/c 3rd February	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Red Pepper Soup	Chef Choice	Chinese Sweetcorn
<b>HOT MAINS</b>	Veggie Spaghetti <sup>VB</sup> Bolognese with Garlic Bread	Sausage Casserole with Mash	<b>Chicken Stir Fry Noodles</b>	Chicken Fajitas	Fish Fingers with Chips & Mushy Peas
	Welsh Rarebit <sup>V</sup>	Cheese and Onion Plate pie served with Carrots and Peas <sup>V</sup>	Vegetable & Rice Enchiladas <sup>V</sup>	<b>Halloumi Fajita</b>	wholemeal Pizza <sup>VB</sup>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit, Raisins, <sup>VB</sup> Cheese & Crackers, <sup>V</sup> Yoghurt	Fresh Fruit, Raisins, <sup>VB</sup> Cheese & Crackers, <sup>V</sup> Yoghurt	Ma'amoul Cookies <sup>V</sup>	Chef Choice	<b>Iced chocolate cake</b>



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

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VB Vegan  
 Oily fish



# Lunch Menu Week 6



w/c 10th February	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
<b>HOT MAINS</b>	Tomato & Basil Pasta	Spaghetti & Meatballs	Sausage & Mash with Peas	Chicken Curry with wholemeal Rice & Homemade Onion Bhajis	Homemade Battered Fish with Chips & Beans
	Meat Free Burritos	Cheese & Tomato Panini	<b>Veg. Sausage &amp; Mash</b> Vegetable & Lentil Stew	Vegetable Biryani	<b>Cheese Toasties</b>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Flapjack	Fresh Fruit, Raisins, Cheese & Crackers, Yoghurt	Gingerbread Man



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

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