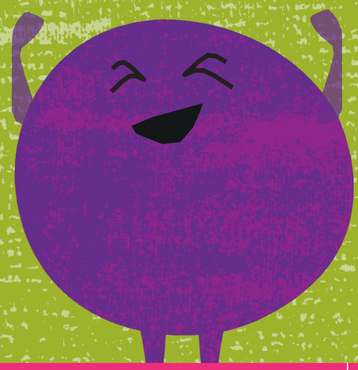
LUNCH Week 1

w/c – 31/08, 21/09,12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/0223/11, 14/12, 04/01, 25/01, 15/02



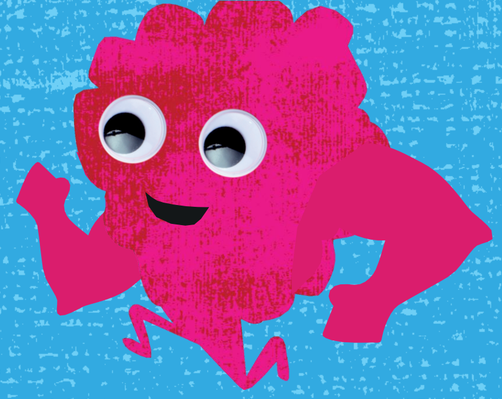
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Cheese & Tomato Pizza (V)** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Southern Baked Chicken** Lightly dusted chicken, oven-roasted with a blend of gentle spices.	**Roast Chicken** Chicken Roast Dinner	**Chicken Sausages** Simply sausages served with mash & gravy.	**Fish Fingers** Golden crispy crumb coated fish sticks.
MAIN 2	**Cheese & Tomato Pizza (V)** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Chilli Bean Stack (VE)** Mexican-spiced beans in tomato sauce, layered between tortilla wraps, topped with cheese and baked until golden.	**Veg Quiche (V)** Golden pastry filled with vegetables, egg and cheese.	**Veggie Sausage (VE)** Vegetarian sausages served with mash & gravy.	**BBQ Bean and Cheese Pasty (V)** Puff pastry filled with BBQ baked beans and melted cheese.
CARB	Tomato Pasta Salad	Boiled Rice	Skin on Roasties	Mash	Chips
VEG	Broccoli	Green Beans	Garlic Autumn Greens	Roasted Corn	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 (V)

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, 9/11, 30/11, 21/12, 11/01, 01/02, 22/02



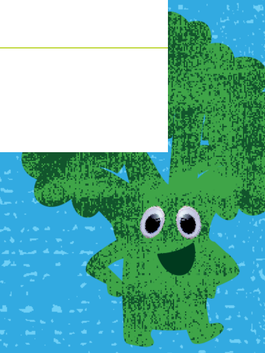
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Mac n' Cheese (V)** Macaroni pasta in a creamy cheese sauce.	**Chicken Curry** Chicken slow-cooked in a mild Indian-spiced sauce.	**Roast Chicken** Oven-roasted chicken dinner.	**Pasta Bolognese** Pasta served with a rich Italian bolognese sauce.	**Fish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

MENU KEY

VE Vegan and Planet Friendly

V Vegetarian

New New Dish



LUNCH Week 3

w/c 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01,08/02



Be More FOOD SMART FOR BODY AND BRAIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Cheese & Tomato Pizza (V)** Homemade wholemeal pizza topped with tomato sauce & cheese	**Sausage Dog** Simply Chicken sausage served in a soft finger roll.	**Roast Chicken** Roasted Chicken served as a classic roast dinner.	**BBQ Chicken Wrap** BBQ chicken and fresh salad rolled up in a soft tortilla wrap.	**Fish Fingers** Golden, crispy breaded fish sticks.
MAIN 2	**Cheesy Garlic Flatbread (V)** Homemade wholemeal pizza base topped with rich garlic butter and cheese.	**Veggie Dog (VE)** Plant-based sausage served in a soft finger roll.	**Veg Tacos (VE)** Fresh vegetables in a spiced tomato sauce, served on a soft flour tortilla.	**Hot Veggie Wrap (VE)** Fresh vegetables & chickpeas spiced with cumin, wrapped up with a mint chutney.	**Crispy Quorn Nuggets (VE)** 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 Roasted 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)	Ice Cream (V)
	Available Daily – Fresh Fruit, Jelly or Yoghurt				

MENU KEY

VE Vegan and Planet Friendly

V Vegetarian

New New Dish

