

Lunch Menu Week 1



w/c 1 st Sep	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach Soup	Chef Choice
HOT MAINS	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread ^{Ve}	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Fajitas	Ham Roast Dinner with Cauliflower Cheese & Roast New Potatoes	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Spanish Omelette ^V	Puy Lentil Shepherd's Pie ^{Ve}	Cheese & Red Onion Quiche ^V	Vegetarian Chilli with Rice ^{Ve}	Veggie Fingers with Chips & Mushy Peas ^V
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad ^{Ve}	Fresh Fruit Trifle ^V	Sticky Toffee Pudding ^V	Bakewell Cherry Slice ^V	Cheese & Crackers ^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.



Vegetarian
Vegan
Oily fish

Lunch Menu Week 2



w/c 8 th Sep	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea	Chinese Sweetcorn
HOT MAINS	Wholemeal pizza with Homemade Wedges & Salad V	Homemade Chicken Korma with Wholegrain Rice, Green Beans & Mango Chutney	Sausage & Mash with Gravy & Peas	Beef Lasagne with Salad & Garlic Bread	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos V	Vegetable & Lentil Stew Ve	Tomato & Basil Pasta V	Spanish Omelette with Salad V	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Apple Flapjacks V	Iced Sponge with Custard V	Shortbread Biscuits V	Cheese & Crackers V

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

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Lunch Menu Week 3



w/c 15 th Sep	 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 Peas V	Chinese Chicken Curry with Wholegrain Rice & Prawn Crackers	Chef Daniel's Beef & Bean Quesadillas	Chicken pie with Mash & Baby Carrots	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake V	Falafel pittas with Salad V	Spicy Singapore Noodles V	Macaroni Cheese V	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Ma'amoul Cookie V	Sponge Cake topped with Jan & Whipped Cream V	German Apple Cake V	Cheese & Crackers V

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

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Lunch Menu Week 4



w/c 22 nd Sep	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil Soup	Broccoli & Cheddar	Roasted Red Pepper	Chinese Sweetcorn
HOT MAINS	Tomato & Basil Pasta Ve	Ham Roast Dinner with Seasonal Vegetables & Roast New Potatoes	Chicken Shawarma with Coleslaw on Tortilla Wraps	Meatball Sub with Tortilla Chips & Salad	Fish Fingers or Tandoori Salmon with Chips & Garden Peas 
	Red Pepper Quiche V	Vegetable & Lentil Stew Ve	Pesto Pasta Ve	Vegetable Paella V	Veggie Burger in a Bun with Chips V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Vanilla Cheesecake V	Pineapple & Coconut Sponge V	Chad's Cake V	Cheese & Crackers, Popcorn V

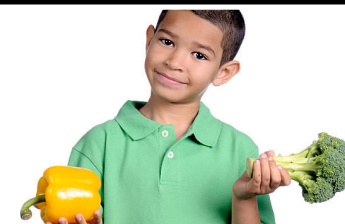
Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 5



w/c 29 th Sep	 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 Homemade Tomato Sauce with Crusty Bread Ve	Irish Stew with Crusty Bread	Wholemeal Carbonara Penne Pasta Bake, with Peas & Garlic	Chef Choice	Homemade Battered Fish with Chips & Beans
	Spicy Singapore Noodles V	Spanish Omelette with Salad V	Vegetable & Rice Enchilada V	Chef Choice	Veggie Sausage Rolls Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	German Apple Cake V	Fresh Fruit Pavolva V	Sticky Toffee Pudding V	Chef Choice	Rich 'Chocolate' Cookies V

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

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Lunch Menu Week 6



w/c 6 th Oct	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Leek & Potato	Red Pepper Soup	Tomato & Basil	Chef Choice
HOT MAINS	Asian Noodles V	Chef Daniel's Beef & Bean Quesadillas	Jewel's Chicken Karahi with Rice, Green Beans & Naan Bread	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Meat Free Burritos V	Chef Daniel's Quorn & Bean Quesadillas with Salad V	Pesto Pasta Ve	Cheese & Onion Plate Pie with Peas V	Veggie Fingers V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard V	Ginger Biscuits V	Fresh Fruit Salad Ve	Fresh Fruit Trifle V	Cheese & Crackers V

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

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Lunch Menu Week 7



w/c 13th Oct	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza & Wedges with Salad V	Spanish Chicken with Rice & Green Beans	Sausage & Mash with Gravy & Peas	Steak & Vegetable Shortcrust pie with New Potatoes & Baby Carrots	Fish Fingers with Chips & Garden Peas
	Quorn Mince Cottage Pie with Peas V	Vegetable & Lentil Stew Ve	Sri Lankan Sweet potato & Coconut Curry with Rice Ve	Spanish Omelette with Salad V	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad Ve	Flapjacks V	Iced Sponge Cake with Custard V	German Apple Cake V	Cheese & Crackers V

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

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Lunch Menu Week 8



w/c 20th Oct	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea	Chinese Sweetcorn
HOT MAINS	Broccoli & Cream Cheese Pasta Bake V	Chinese Chicken Curry with Wholegrain Rice & Prawn Crackers	Cumberland Sausage Slice with Wedges & Beans	Beef Chilli Tacos with Tortilla Chips & Salad	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos V	Vegetable & Lentil Stew Ve	Tomato & Basil Pasta V	Vegan Jambalaya Ve	Veggie Sausage Roll Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Apple Flapjack V	Wet Nelly V	pumpkin pie V	Cheese & Crackers V

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

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