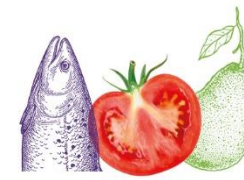


Primary Lunch Menu



Week Commencing 31/10/22

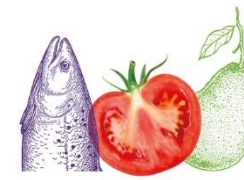
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Tomato and Basil Pasta served with Garlic Bread	Homemade Chicken Curry served with Basmati Rice and Naan Bread	Homemade Vegetable Lasagne served with Fresh Salad and Crusty Bread	Homemade Cumberland Sausage Slice served with Wedges and Beans	Fish Fingers or Fish Pie Served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Red Onion Quiche	Vegetable and Feta Pasta	Asian Noodles	Halloumi Fajita	Veggie Sausage Roll
Homemade Soup	Tomato	Leek and Potato	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pasta	Basmati Rice	Pasta	Wedges	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Fresh salads	Beans	Garden Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Shortbread Biscuits Fresh Fruit	'Chocolate' Fudge Cake Yoghurts	Fresh Fruit Salad Yoghurts	Marble Cake Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

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Primary Lunch Menu



Week Commencing 07/11/22

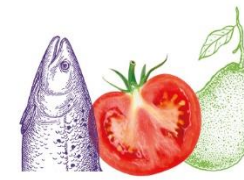
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw	Homemade Spanish Chicken served with Rice and Green Beans	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Brown	Meatball Sub Served with fresh Salad and Tortilla Chips	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Roasted Pepper Tomato Quiche	Vegetarian Chilli	Homemade Macaroni Cheese	Veggie Sausage Roll
Homemade Soup	Chef Choice	Split Pea	Chinese Sweetcorn	Leek and Potato	Chef Choice
Starchy Food Various bread choices available	Homemade Pizza Base	Rice	Wholemeal Toast	Wholemeal Bread	Chips
Vegetables Salad Bar with Hummus	Carrots	Green Beans	Mushrooms	Tomatoes and Cucumber	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Mixed Yoghurts	Vanilla Cheesecake Fresh Fruit	Fruit Scones with Jam or Cream Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 14/11/22

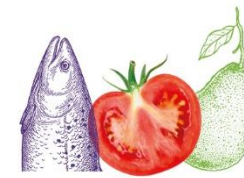
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Homemade Scouse served with Beetroot and Crusty Bread	Ham Roast Dinner Served with Seasonal Vegetables, Stuffing and Roast Potatoes	Homemade Chicken Curry served with Rice and Naan Bread	Fish Cake or Fish Fingers and Chips served with Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Cheese and Tomato Toasties	Tandoori Salmon served with Pitta Bread
Homemade Soup	Chef Choice	Leek and Potato	Red pepper Soup	Tomato and Basil	Chef Choice
Starchy Food Various bread choices available	Noodles	Homemade Wedges	Roast Potatoes	Basmati Rice	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Cabbage	Peppers	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Ginger Biscuits Fresh Fruit	Fresh Fruit Salad Fresh Fruit	Apple Pie with Double Cream Yoghurts	Fresh Fruit Trifle Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 21/11/22

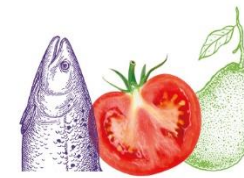
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Steak Pie served with Butter Glazed New Potatoes and Green Beans	Homemade Tomato and Basil Pasta served with Crusty Bread	Homemade Sausage and Mashed Potato with Onion Gravy, Peas, and Sweetcorn	Fish Fingers with Chips and Baked Beans
Alternative Jacket potatoes with tuna and other fillings available daily	Broccoli and Cream Cheese Pasta Bake	Pesto Pasta	Salmon Fish Pie	Cheese and Tomato Toasties	Veggie Sausage Roll
Homemade Soup	Carrot and Coriander	Tomato and Basil	Red pepper Soup	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pizza Base	New Potatoes	Pasta	Mashed Potato	Chips
Vegetables Salad Bar with Hummus	Peppers	Green Beans	Tomatoes	Peas	Baked Beans
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Fresh Fruit	Cherry Bakewell Slice served with Custard Fresh Fruit	Carrot Cake Yoghurts	Fresh Fruit Jelly Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 28/11/22

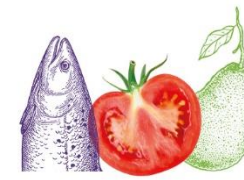
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Chip shop Curry Sauce with Basmati Rice, Green Beans and Mango Chutney	Homemade Spaghetti Bolognese served with Fresh Garlic Bread	Sausage and Homemade Mashed Potato with Gravy and Peas	Homemade Chicken and Leek Pie served with Herby New Potatoes and Seasonal Veg	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Feta and Vegetable Pasta	Veggie spring Rolls with Sweet Chilli Sauce and Salad	Cheese and Tomato Panini	Homemade Quiche	Veggie Burger in a Bun
Homemade Soup	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Rice	Spaghetti	Mashed Potato	New Potatoes	Chips
Vegetables Salad Bar with Hummus	Green Beans	Broccoli	Peas	Carrots and Broccoli	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Apple and Oat Crumble with Pouring Cream Fresh Fruit	Homemade Rice Pudding served with Strawberry Jam Fresh Fruit	Iced Sponge Cake with Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 05/12/22

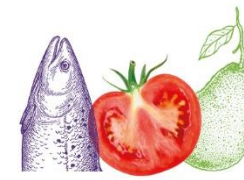
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Vegan Ravioli in Homemade Tomato Sauce served with Crusty Bread	Homemade Pizza served with Wedges and Beans	Homemade Chicken Tikka Curry served with Basmati Rice and Mango Chutney	Spaghetti and Meatballs in Tomato Sauce topped with Cheddar Cheese.	Fish Fingers served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable Stir Fry	Quesadillas	Veggie Sausage Roll
Homemade Soup	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Starchy Food Various bread choices available	Ravioli Pasta	Pizza Base	Basmati Rice	Wholemeal Pasta	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Beans	Broccoli	Carrots	Garden Peas
Dessert Fresh fruit, selection low-fat yoghurts and homemade puddings available every lunch	Fresh Fruit Salad Fresh Fruit	Shortbread Biscuits Fresh Fruit	Sponge Cake topped with Jam and Whipped Cream Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 12/12/22

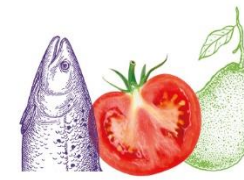
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Homemade Vegetable Enchilada Served with Herby Potatoes	Christmas Dinner with Turkey, Roast Potatoes, Pigs in Blanket, Stuffing, Seasonal Vegetables and Gravy	Homemade Broccoli and Cream Cheese Pasta Bake	Fish Cake or Fish Fingers and Chips served with Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Veggie Xmas Dinner	Twice Baked Jacket Potatoes	Tandoori Salmon served with Pitta Bread
Homemade Soup	Chef Choice	Leek and Potato	Chef choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pasta	Homemade Wedges	Roast Potatoes	Potato/Pasta	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Sprouts	Peppers	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Iced Shortbread Fresh Fruit	Fruit Jelly Fresh Fruit	Christmas Tree Ice Cream Or Christmas Pudding Fresh Fruit	Fresh Fruit Salad Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 19/12/22

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw	Chef Choice	Christmas Party Day – Buffet lunch with a selection of Sandwiches, Sausage rolls, Quiche and More		
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Chef Choice	Chef Choice		
Homemade Soup	Chef Choice	Chef Choice	Chef Choice		
Starchy Food Various bread choices available	Homemade Pizza Base	Chef Choice	Chef Choice		
Vegetables Salad Bar with Hummus	Carrots	Chef Choice	Mixed Salads		
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Mixed Yoghurts	Chef Choice Fresh Fruit	Homemade Cup Cakes Mixed Flavour Yoghurts		

Ask for daily chef specials

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