

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 H	Chicken Fajita Wraps (Veggie Option Available) H	Ham Roast Dinner with Cauliflower Cheese & Roast New Potatoes H	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Spanish Omelette V	Vegetarian Sausage Toasties with Salad V	Cheese and Red Onion Quiche V	Vegetarian Chilli with Rice V	Veggie Fingers V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Fresh Fruit Trifle V	Sticky Toffee Pudding V	Bakewell Cherry Slice V	Cheese and 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.

H Halal option available
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 H	Sausage & Homemade Mash with Gravy & Peas	Chilli Con Carne with Rice H	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos V	Vegetable & lentil Stew Ve	Tomato & Basil Pasta V	Spanish Omelette V	Veggie Sausage Roll V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve V	Apple Flapjacks V	Iced Sponge Cake with Custard V	German Apple Cake V	Cheese and Crackers V



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 Oily fish

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	Puy Lentil Shepherd's Pie with Green Beans V	Chinese Chicken Curry with Wholegrain Rice & Prawn Crackers H	Chef Daniel's Beef and Bean Quesadillas H	Beef Stifado with Wholegrain Rice H	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake V	Falafel pittas V	Stir Fried Vegetables with Spaghetti Ve	Macaroni Cheese V	Veggie Sausage Roll V
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad Ve	Ma'amoul Cookie V	Sponge Cake topped with Jam and Whipped Cream V	Shortbread Biscuits V	Cheese and Crackers V



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 Oily fish

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 H	Caribbean Beef Curry with Wholegrain Rice H	Meatball Sub Served with Tortilla Chips	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Red Pepper Quiche V	Vegetarian Chilli with Rice V	Pesto Pasta Ve	Vegetable Singapore Fried Rice V	Veggie Burger in a Bun with Chips V
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad Ve	Vanilla Cheesecake V	Pineapple & Coconut Sponge V	Chad's Cake V	Cheese and Crackers, Popcorn V



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 Oily fish

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 Homemade Tomato Sauce with Crusty Bread ^{Ve}	Irish Stew with Crusty Bread ^H	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	Spanish Omelette with Crisp Salad ^V	Vegetable and Rice Enchiladas ^V	Chef Choice	Veggie Sausage Rolls ^V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	German Apple Cake ^V	Fresh Fruit Pavlova ^V	Sticky Toffee puddings ^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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^{Ve} Vegan
 Oily fish

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) H	Chicken Korma with Rice, Green Bean & Naan Bread H	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread H	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Puy Lentil Shepherd's 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	Sponge Cake and Custard V	Fresh Fruit Salad Ve	Flapjack V	Fresh Fruit Trifle V	Cheese and 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 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 H	Sausage with Homemade Mash, Gravy & Peas	Steak & Vegetable Shortcrust pie with Baby Carrots H	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	Spanish Omelette with Crisp Salad v	Veggie Sausage Roll v
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve v	Flapjacks v	Iced Sponge Cake with Custard v	German Apple Cake v	Cheese and 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 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 H	Cumberland Sausage Slice with Wedges & Beans	Beef Chilli Tacos with Tortilla Chips H	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos V	Vegetable & Lentil Stew Ve	Tomato & Basil Pasta V	Vegan Jambalaya Ve	Veggie Sausage Rolls V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Apple Flapjack V	Wet Nelly V	Sticky Toffee Pudding V	Cheese and Crackers V



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

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