


# Lunch Menu Week 1



w/c 6th January	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Leek & Potato <span>V</span>	Red Pepper Soup <span>V</span>	Tomato & Basil <span>V</span>	Chef Choice <span>V</span>
<b>HOT MAINS</b>	Cheesy Beans Pasta Bake <span>V</span>	Corned Beef Hash	Chicken Fajitas	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Cherry Tomato & Cheese Quiche with Salad <span>V</span>	Asian Noodles <span>V</span>	Macaroni Cheese <span>V</span>	Vegetarian Sausage Roll <span>V</span>	Veggie Fingers <span>V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Sponge Cake & Custard <span>V</span>	Ginger Biscuits <span>V</span>	Fresh Fruit Salad <span>Ve</span>	Fresh Fruit Trifle <span>V</span>	Cheese & Crackers <span>V</span>




















**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.

V Vegetarian  
Ve 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 	Ham Roast Dinner with Seasonal Vegetables & Roast New Potatoes	Homemade Scouse with Pickled Beetroot & Crusty Bread	Chef Choice	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Vegetarian Chilli with Rice 	Cheese & Onion Plate pie with Carrots & Peas 	Roasted Red Pepper Quiche 	Chef Choice 	Veggie Burger in a Bun with Chips 
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad 	Barabrith 	pineapple & Coconut Sponge 	Chef Choice 	Cheese & Crackers, Popcorn 



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# 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	Rich Sausage & Lentil Ragu with Mash	Chef Daniel's Beef & Bean Quesadillas (Veggie Recipe Available)	Fish Fingers with Chips & Garden Peas
	Vegetable & Lentil Stew 	Broccoli & Cream Cheese Pasta Bake 	Macaroni Cheese 	Spanish Omelette with Salmon 	Veggie Sausage Roll 
<b>CHEF SPECIAL</b>	<b>Ask Chef about today's special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad 	Apple Flapjacks 	Iced Sponge Cake with Custard 	German Apple Cake 	Cheese & Crackers 

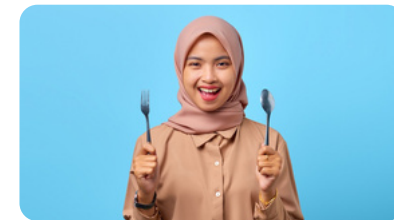




**Available Daily:** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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# Lunch Menu Week 4



w/c 27th January	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice <span>V</span>	Tomato & Basil <span>V</span>	Broccoli & Cheddar <span>V</span>	Chef Choice <span>V</span>	Chinese Sweetcorn
<b>HOT MAINS</b>	Vegan Ravioli in Homemade Tomato Sauce served with Crusty Bread <span>Ve</span>	All Day Breakfast	Chinese Chicken Curry with Rice & Prawn Crackers	Homemade Cottage Pie with Peas & Carrots	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Spanish Omelette with Salad <span>V</span>	Roasted Red Pepper Quiche <span>V</span>	Vegetable Egg Fried Rice <span>V</span>	Vegetable & Lentil Stew <span>Ve</span>	Veggie Sausage Rolls <span>V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad <span>Ve</span>	Shortbread Biscuits <span>V</span>	Sponge Cake Topped with Jam & Whipped Cream <span>V</span>	Apple Flapjacks <span>V</span>	Cheese & Crackers <span>V</span>



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# 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 Bolognese with Garlic Bread	Sausage Casserole with Mash	Carbonara Penne Pasta Bake with Homemade Garlic Bread	Chicken Fajitas	Fish Fingers with Chips & Mushy Peas
	Welsh Rarebit	Individual Vegetable & Cheese Omelette	Vegetable & Rice Enchiladas	Cheese & Red Onion Quiche	wholemeal pizza
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	'Chocolate' Fudge Cake	Oat Cookies	Sticky Toffee pudding	Fresh Fruit Salad	Cheese & Crackers




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# 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 <span style="float: right;">V</span>	Spaghetti & Meatballs	Sausage & Mash with Peas	Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis	Homemade Battered Fish with Chips & Beans
	Cheese & Red Onion Quiche <span style="float: right;">V</span>	Cheese & Tomato Panini <span style="float: right;">V</span>	Vegetable & Lentil Stew <span style="float: right;">Ve</span>	Vegetable Biryani <span style="float: right;">Ve</span>	Sri Lankan Sweet potato & Coconut Curry with Rice <span style="float: right;">V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Apple & Oat Crumble with Pouring Cream <span style="float: right;">V</span>	Homemade Rice Pudding with Strawberry Jam <span style="float: right;">V</span>	Iced Sponge Cake with Custard <span style="float: right;">V</span>	Fresh Fruit Salad <span style="float: right;">V</span>	Cheese & Crackers <span style="float: right;">V</span>



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