

# Lunch Menu

w/c  
2nd Nov



|  <b>MONDAY</b>                           | <b>TUESDAY</b>                                                                                                                      | <b>WEDNESDAY</b>                                                                                                | <b>THURSDAY</b>                                                                                                 | <b>FRIDAY</b>                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 1 Carrot & Coriander Soup                                                                                                 | Chef Choice Soup                                                                                                                    | Leek & Potato Soup                                                                                              | Chef Choice Soup                                                                                                | Tomato & Basil Soup                                                                                                  |
| 2 Wholemeal Pizza, Wedges & Beans        | Chicken Dhansak with Rice & Naan Bread                                                                                              | Meatball Sub with Salad & Tortilla Chips                                                                        | Turkey Roast Dinner with Seasonal Vegetables & New Potatoes                                                     | Fish Fingers with Chips & Garden Peas                                                                                |
| 2 Vegetarian Chilli with Wholemeal Rice  | Cheese & Onion Plate Pie with Seasonal Vegetables  | Cheesy Bean Wholemeal Pasta  | Twice Baked Jacket Potatoes  | Vegetable Curry & Wholemeal Rice  |
| 3 Fresh Fruit Salad & Yoghurt                                                                                             | Fresh Fruit & Yoghurt                                                                                                               | Pineapple & Coconut Sponge                                                                                      | Fresh Fruit & Yoghurt                                                                                           | Cheese & Crackers, Fresh Fruit & Yoghurt                                                                             |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                |                                                                                                                                     |                                                                                                                 |                                                                                                                 |                                                                                                                      |

## KEY



Vegetarian



Vegan



Oily Fish



Cookery Coach Recipe

Please speak to a member of staff about dietary requirements and scan the QR code for our allergen matrix.

All menus are checked by a nutritionist and adhere to School Food Standards.



# Lunch Menu

w/c  
9<sup>th</sup> Nov



|  <b>MONDAY</b>                                                 | <b>TUESDAY</b>                                                                                                          | <b>WEDNESDAY</b>                                                                                      | <b>THURSDAY</b>                                                                                                    | <b>FRIDAY</b>                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> Vegetable & Lentil Soup                                                                                                                | Chef Choice Soup                                                                                                        | Garden Pea Soup                                                                                       | Chef Choice Soup                                                                                                   | Chinese Sweetcorn Soup                                                                                                              |
| Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread  | Homemade Spanish Chicken with Wholemeal Rice & Green Beans                                                              | Sausage & Homemade Mash with Gravy & Peas                                                             | Homemade Scouse with Crusty Bread & Pickled Beetroot                                                               | Homemade Battered Fish or Fishcake with Chips & Garden Peas                                                                         |
| <b>2</b> Meat Free Burritos                                    | Roasted Pepper & Cheese Tomato Quiche  | Singapore Noodles  | Vegetable & Cheese Quesadillas  | Veggie Burger in a Bun with Chips & Garden Peas  |
| <b>3</b> Fresh Fruit Salad & Yoghurt                                                                                                            | Fresh Fruit & Yoghurt                                                                                                   | Apple & Oat Crumble with Pouring Cream                                                                | Fresh Fruit & Yoghurt                                                                                              | Cheese & Crackers, Fresh Fruit & Yoghurt                                                                                            |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                                      |                                                                                                                         |                                                                                                       |                                                                                                                    |                                                                                                                                     |

## KEY



Vegetarian



Vegan



Oily Fish



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# Lunch Menu

w/c  
16<sup>th</sup> Nov



|  <b>MONDAY</b>                                     | <b>TUESDAY</b>                                                                                                | <b>WEDNESDAY</b>                                                                                                | <b>THURSDAY</b>                                                                                                  | <b>FRIDAY</b>                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> Broccoli & Cheddar Soup                                                                                                    | Chef Choice Soup                                                                                              | Leek & Potato Soup                                                                                              | Chef Choice Soup                                                                                                 | Split Pea Soup                                                                                                                              |
| Sri Lankan Sweet Potato & Coconut Curry with Rice  | Chicken Noodles                                                                                               | Chicken Pie with Seasonal Vegetables & New Potatoes                                                             | All Day Breakfast                                                                                                | Fish Fingers or Tandoori Salmon  with Chips & Mushy Peas |
| <b>2</b> Cherry Tomato & Cheese Quiche with Salad  | Wholemeal Tomato Pasta Bake  | Twice Baked Jacket Potatoes  | Vegetarian All Day Breakfast  | Veggie Fingers with Chips & Mushy Peas                   |
| <b>3</b> Fresh Fruit & Yoghurt                                                                                                      | Fresh Fruit & Yoghurt                                                                                         | Fresh Fruit Salad & Yoghurt                                                                                     | Fresh Fruit Trifle                                                                                               | Cheese & Crackers, Fresh Fruit & Yoghurt                                                                                                    |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                          |                                                                                                               |                                                                                                                 |                                                                                                                  |                                                                                                                                             |

## KEY



Vegetarian



Vegan



Oily Fish



Cookery Coach Recipe

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# Lunch Menu

w/c  
23<sup>rd</sup> Nov



|  <b>MONDAY</b>                                | <b>TUESDAY</b>                                                                                                                 | <b>WEDNESDAY</b>                                                                                                | <b>THURSDAY</b>                                                                                      | <b>FRIDAY</b>                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>1</b> Roast Pepper Soup                                                                                                     | Chef Choice Soup                                                                                                               | Tomato & Basil Soup                                                                                             | Chef Choice Soup                                                                                     | Leek & Potato Soup                                                                                          |
| <b>2</b> Wholemeal Pizza with Wedges & Beans  | Chicken Katsu Curry with Wholemeal Rice                                                                                        | Spaghetti Bolognese with Salad & Garlic Bread                                                                   | Cumberland Sausage Slice with Mash & Gravy                                                           | Homemade Battered Fish or Fishcake with Chips & Beans                                                       |
| Spanish Omelette with Salad                   | Wholemeal Broccoli & Cream Cheese Pasta Bake  | Vegetable & Rice Enchiladas  | Halloumi Fajitas  | Spicy Singapore Noodles  |
| <b>3</b> Fresh Fruit Salad & Yoghurt                                                                                           | German Apple Cake                                                                                                              | Fresh Fruit & Yoghurt                                                                                           | Fresh Fruit & Yoghurt                                                                                | Fresh Fruit & Yoghurt                                                                                       |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                     |                                                                                                                                |                                                                                                                 |                                                                                                      |                                                                                                             |

## KEY



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Vegan



Oily Fish



Cookery Coach Recipe

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# Lunch Menu

w/c  
30<sup>th</sup> Nov



|  <b>MONDAY</b>                                                   | <b>TUESDAY</b>                                                                                                      | <b>WEDNESDAY</b>                                                                                              | <b>THURSDAY</b>                                                                                       | <b>FRIDAY</b>                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 1 Carrot & Ginger Soup                                                                                                                            | Chef Choice Soup                                                                                                    | Roasted Vegetable Soup                                                                                        | Chef Choice Soup                                                                                      | Chinese Sweetcorn Soup                                                                                                         |
| 2 Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread  | Corned Beef Hash with Peas                                                                                          | Beef Tacos                                                                                                    | Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis                                             | Fish Fingers with Chips & Garden Peas                                                                                          |
| Vegetable Biryani                                                | Cheese & Tomato Panini with Salad  | Wholemeal Macaroni Cheese  | Singapore Noodles  | Vegetarian Sausage Roll with Chips & Beans  |
| 3 Fresh Fruit & Yoghurt                                                                                                                           | Fresh Fruit & Yoghurt                                                                                               | Sticky Toffee Pudding                                                                                         | Fresh Fruit Salad & Yoghurt                                                                           | Cheese & Crackers, Fresh Fruit & Yoghurt                                                                                       |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                                        |                                                                                                                     |                                                                                                               |                                                                                                       |                                                                                                                                |

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Vegan



Oily Fish



Cookery Coach Recipe

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# Lunch Menu

w/c  
7<sup>th</sup> Dec



|  <b>MONDAY</b>                                            | <b>TUESDAY</b>                                                                                                 | <b>WEDNESDAY</b>                                                                                     | <b>THURSDAY</b>                                                                                 | <b>FRIDAY</b>                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 1 Tomato & Basil Soup                                                                                                                      | Chef Choice Soup                                                                                               | Leek & Potato Soup                                                                                   | Chef Choice Soup                                                                                | Broccoli & Cheddar Soup                                                                                                                     |
| Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread  | All Day Breakfast                                                                                              | Wholemeal Spaghetti Bolognese with Salad & Garlic Bread                                              | Kuku Paka    | Fish Fingers or Tandoori Salmon  with Chips & Mushy Peas |
| 2 Meat Free Burritos with Salad                           | Vegetarian All Day Breakfast  | Vegetable Paella  | Pesto Pasta  | Vegetarian Sausage Roll with Chips Mushy Peas            |
| 3 Fresh Fruit Salad & Yoghurt                                                                                                              | Fresh fruit & Yoghurt                                                                                          | Fresh Fruit & Yoghurt                                                                                | Apple Flapjacks                                                                                 | Cheese & Crackers, Fresh fruit & Yoghur                                                                                                     |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                                 |                                                                                                                |                                                                                                      |                                                                                                 |                                                                                                                                             |

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Cookery Coach Recipe

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# Lunch Menu

w/c  
14<sup>th</sup> Dec



|  <b>MONDAY</b>                                                  | <b>TUESDAY</b>                                                                                                                      | <b>CHRISTMAS DINNER</b>                                                                                                                                 | <b>THURSDAY</b>                                                                                                         | <b>FRIDAY</b>                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> Vegetable & Lentil Soup                                                                                                                 | Chef Choice Soup                                                                                                                    | Spiced Parsnip Soup                                                                                                                                     | Chef Choice Soup                                                                                                        | Chinese Sweetcorn Soup                                                                                                                      |
| Veggie Wholemeal Spaghetti Bolognese with Salad & Garlic Bread  | Sausage Casserole                                                                                                                   | Roast Turkey, Roast Potatoes, Stuffing, Pigs in Blankets, Sprouts, Carrot, Turnip                                                                       | Chef Choice Curry with Wholemeal Rice                                                                                   | Fish Fingers or Salmon Fish Pie  with Chips & Mushy Peas |
| <b>2</b> Welsh Rarebit                                          | Individual Vegetable & Cheese Omelette with Salad  | Vegetarian Roast, Roast Potatoes, Stuffing, Sprouts, Carrot, Turnip  | Cheese & Tomato Toasties with Salad  | Vegetarian Sausage Roll with Chips & Mushy Peas          |
| <b>3</b> Pineapple & Coconut Sponge                                                                                                              | Fresh Fruit & Yoghurt                                                                                                               | Festive Cookie                                                                                                                                          | Fresh Fruit & Yoghurt                                                                                                   | Cheese & Crackers, Fresh Fruit & Yoghurt                                                                                                    |
| Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt                                                       |                                                                                                                                     |                                                                                                                                                         |                                                                                                                         |                                                                                                                                             |

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Vegan



Oily Fish



Cookery Coach Recipe

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