


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 	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 	Falafel pittas with Salad 	Spicy Singapore Noodles 	Macaroni Cheese 	Veggie Sausage Roll 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad 	Ma'amoul Cookie 	Sponge Cake topped with Jan & Whipped Cream 	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 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 <small>Ve</small>	Irish Stew with Crusty Bread	Wholemeal Carbonara Penne Pasta Bake, with Peas & Garlic	Chef Choice	Homemade Battered Fish with Chips & Beans
	Spicy Singapore Noodles <small>V</small>	Spanish Omelette with Salad <small>V</small>	Vegetable & Rice Enchilada <small>V</small>	Chef Choice	Veggie Sausage Rolls <small>Ve</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	German Apple Cake <small>V</small>	Fresh Fruit Pavolva <small>V</small>	Sticky Toffee Pudding <small>V</small>	Chef Choice	Rich 'Chocolate' Cookies <small>V</small>

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 	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 	Chef Daniel's Quorn & Bean Quesadillas with Salad 	Pesto Pasta 	Cheese & Onion Plate Pie with Peas 	Veggie Fingers 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard 	Ginger Biscuits 	Fresh Fruit Salad 	Fresh Fruit Trifle 	Cheese & Crackers 

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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