








Lunch Menu Week 1



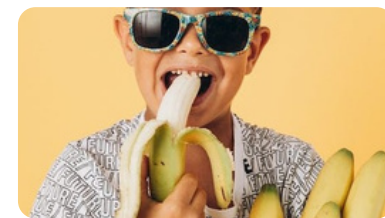
| w/c 5 th Jan |  Planet Friendly MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|---|---|---|--|
| SOUP | Chef Choice | Leek & Potato | Red Pepper Soup | Tomato & Basil | Chef Choice |
| HOT MAINS | Cheesy Beans Pasta Bake  | Corned Beef Hash with Beans | Chicken Fajitas | Wholemeal Spaghetti Bolognese with Salad & Garlic Bread | Fish Cake or Fish Fingers with Chips & Mushy Peas |
| | Cherry Tomato & Cheese Quiche with Salad  | Asian Noodles  | Macaroni Cheese  | Vegetarian Sausage Toasties  | Veggie Fingers with Chips & Mushy Peas  |
| 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

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 12th Jan |  Planet Friendly MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|--|--|-------------|--|
| SOUP | Chef Choice | Tomato & Basil | Broccoli & Cheddar | Chef Choice | Chinese Sweetcorn |
| HOT MAINS | Tomato & Basil wholemeal Pasta  | Ham Roast Dinner with Seasonal Vegetables & Roast New Potatoes | Spaghetti & Meatballs | Chef Choice | Fish Fingers or Tandoori Salmon  with Chips & Garden Peas |
| | Vegetarian Chilli with Brown Rice  | Cheese & Onion Plate pie with Carrots & Peas  | Roasted Red Pepper Quiche with Salad  | Chef Choice | Veggie Burger in a Bun with Chips  |
| CHEF SPECIAL | Ask Chef about todays special! | | | | |
| DESSERT | Fresh Fruit Salad | Barabrith | Pineapple & Coconut Sponge | Chef Choice | Cheese & Crackers |


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Lunch Menu Week 3



| w/c 19th Jan |  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|---|---------------------------------------|--|--|
| SOUP | Carrot & Coriander | Broccoli & Cheddar | Chef Choice | Pea Soup | Chinese Sweetcorn |
| HOT MAINS | Wholemeal Pizza & Wedges with Beans V | Jewel's Chicken Karahi with Wholegrain Rice & Green Beans | Chef Daniel's Beef & Bean Quesadillas | Chef Bonnie's Sunshine Pasta | Fish Fingers with Chips & Garden Peas |
| | Vegetable & Lentil Stew Ve | Broccoli & Cream Cheese Pasta Bake V | Macaroni Cheese V | Spanish Omelette with Salad V | Veggie Sausage Roll with Chips & Garden Peas Ve |
| CHEF SPECIAL | Ask Chef about today's special! | | | | |
| DESSERT | Fresh Fruit Salad | Apple Flapjacks | Iced Sponge Cake with Custard | Oat Cookies | Cheese & Crackers |









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V Vegetarian
Ve Vegan
 Oily fish

Lunch Menu Week 4



| w/c 26th Jan |  Planet Friendly MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|--|--|--|---|--|
| SOUP | Chef Choice | Tomato & Basil | Broccoli & Cheddar | Chef Choice | Chinese Sweetcorn |
| HOT MAINS | Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread  | All Day Breakfast | Chinese Chicken Curry with Brown Rice & Prawn Crackers | Homemade Cottage Pie with Peas & Carrots | Fish Fingers or Tandoori Salmon  with Chips & Garden Peas |
| | Spanish Omelette with Salad  | Roasted Red Pepper Quiche with Salad  | Vegetable Egg Fried Rice  | Vegetable & Lentil Stew  | Veggie Sausage Rolls with Chips & Garden Peas  |
| CHEF SPECIAL | Ask Chef about todays special! | | | | |
| DESSERT | Fresh Fruit Salad | Shortbread Biscuits | Sponge Cake topped with Jam & Whipped Cream | Apple Flapjacks | Cheese & Crackers |






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Lunch Menu Week 5



| w/c 2 nd Feb |  Planet Friendly MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|---|---|--|---|
| SOUP | Chef Choice | Tomato & Basil | Red Pepper Soup | Chef Choice | Chinese Sweetcorn |
| HOT MAINS | Veggie wholemeal Spaghetti Bolognese with Garlic Bread  | Sausage Casserole with Mash | Carbonara Penne Pasta Bake with Homemade Garlic Bread | Chicken Fajita | Fish Fingers with Chips & Mushy Peas |
| | Welsh Rarebit  | Individual Vegetable & Cheese Omelette with Salad  | Vegetable & Rice Enchiladas  | Cheese & Red Onion Quiche with Salad  | Wholemeal pizza  |
| CHEF SPECIAL | Ask Chef about today's special! | | | | |
| DESSERT | 'Chocolate' Fudge Cake | German Apple Cake | Sticky Toffee Pudding | Fresh Fruit Salad | Cheese & Crackers |


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Lunch Menu Week 6



| w/c 9 th Feb |  Planet Friendly MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|--|---|---|
| SOUP | Chef Choice | Chinese Sweetcorn | Chef Choice | Chef Choice | Chef Choice |
| HOT MAINS | Tomato & Basil Pasta <small>Ve</small> | Homemade Scouse with Crusty Bread & Pickled Beetroot | Sausage & Homemade Mash Potato with Gravy & Peas | Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis | Homemade Battered Fish with Chips & Beans |
| | Cheese & Red Onion Quiche with Salad <small>V</small> | Cheese & Tomato Panini with Salad <small>V</small> | Vegetable & Lentil Stew <small>Ve</small> | Vegetable Biryani <small>Ve</small> | Sri Lankan Sweet Potato & Coconut Curry with Rice <small>Ve</small> |
| CHEF SPECIAL | Ask Chef about todays special! | | | | |
| DESSERT | Apple & Oat Crumble with Pouring Cream | Homemade Rice Pudding with Strawberry Jam | Iced Sponge Cake with Custard | Fresh Fruit Salad | Cheese & Crackers |

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