

# Lunch Menu Week 1



w/c 1 <sup>st</sup> June	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Red Pepper Soup	Tomato & Basil	Broccoli & Cheddar	Leek & potato
<b>HOT MAINS</b>	Wholemeal pizza, Wedges & Beans	Spanish Chicken Tray Bake with wholegrain Rice & Green Beans	All Day Breakfast with Brown Toast	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Fingers with Chips & Garden Peas
	Roasted Red Pepper Quiche with Salad	Meat Free Burritos with Salad	Tomato & Basil Pasta	Twice Baked Jacket Potatoes with Beans	Welsh Rarebit with Salad
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Ginger Biscuits	Flapjacks	Fresh Fruit Yoghurt Crunch pots	Pineapple & Coconut Sponge	Barabrith

**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 <sup>th</sup> June	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
<b>HOT MAINS</b>	Cheese & Onion plate pie with New Potatoes & Peas	Chinese Chicken Curry with Brown Rice, Green Beans & Prawn Crackers	Cumberland Sausage Slice with Wedges & Beans	Beef Chilli Tacos with Tortilla Chips & Salad	Fish Fingers with Chips & Garden Peas
	Cheesy Beans Pasta Bake	Puy Lentil Shepherds Pie with Garden Peas	Spicy Singapore Noodles	Vegan Jambalaya	Veggie Fingers with Chips & Garden Peas
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad	Rich 'Chocolate' Cookies	Apple Cake with Custard	Sticky Toffee pudding	Cheese & Crackers

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

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 Oily fish

# Lunch Menu Week 3



w/c 15 <sup>th</sup> June	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Pepper	Chinese Sweetcorn
<b>HOT MAINS</b>	Vegetarian Chilli with Rice & Tortilla Chips <span style="color: green;">V</span>	Bonnie's Cajun Sunshine pasta	Chef Daniel's Beef & Bean Quesadilla with Salad	Lentil & Sausage Ragu	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake <span style="color: green;">V</span>	Cherry Tomato Quiche with Salad <span style="color: green;">V</span>	Cheese & Onion plate pie <span style="color: green;">V</span>	Vegetable Biryani <span style="color: green;">Ve</span>	Sri Lankan Sweet potato & Coconut Curry <span style="color: green;">Ve</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad	Scones & Cream	Sponge Cake Topped with Jam & Whipped Cream	Apple Turnovers	Cheese & Crackers



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

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V Vegetarian  
Ve Vegan  
 Oily fish

# Lunch Menu Week 4



w/c 22 <sup>nd</sup> June	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Red Pepper Soup	Broccoli & Cheddar	Chef Choice
<b>HOT MAINS</b>	Vegan Ravioli in a Homemade Tomato Sauce with Crusty Bread <span>Ve</span>	Caribbean Jerk Chicken with Rice & Peas	Carbonara wholemeal Penne Pasta Bake with Peas & Garlic Bread	Sausage & Mash with Carrots	Homemade Battered Fish with Chips & Beans
	Vegetarian Chilli with Brown Rice <span>V</span>	Spanish Omelette with Salad <span>V</span>	Vegetable & Rice Enchiladas with Salad <span>V</span>	Falafel Pitta <span>V</span>	Veggie Sausage Rolls with Chips & Beans <span>V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about today's special!</b>				
<b>DESSERT</b>	German Apple Cake	Fresh Fruit Pavlova	Sticky Toffee Pudding	Shortbread	Rich 'Chocolate' Cookies

**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 <sup>th</sup> June	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Red Pepper	Chinese Sweetcorn
<b>HOT MAINS</b>	Tomato & Basil Pasta <span style="color: green;">V</span>	Ham Roast Dinner with Seasonal Vegetables & New Potatoes	Caribbean Beef Curry with wholegrain Rice	Chicken Shawarma with Wrap and Salad	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Red Pepper Quiche with Salad <span style="color: green;">V</span>	Vegetable Paella <span style="color: green;">Ve</span>	Pesto Pasta <span style="color: green;">Ve</span>	Quorn Mince Cottage Pie with Peas <span style="color: green;">V</span>	Veggie Burger in a Bun with Chips & Garden Peas <span style="color: green;">V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Scones with Strawberries & Cream	Vanilla Cheesecake	Pineapple & Coconut Sponge	Oat Cookies	Cheese & Crackers

**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 <sup>th</sup> July	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Leek & potato	Red Pepper Soup	Tomato & Basil	Chef Choice
<b>HOT MAINS</b>	Cheesy Beans Pasta Bake	Chef Daniel's Beef & Bean Quesadilla with Salad	Chicken Korma with Rice, Green Beans & Naan Bread	WHolemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Cherry Tomato & Cheese Quiche with Salad	Asian Noodles	Puy Lentil Shepherds Pie	Cheese & Onion Plate Pie with Peas	Veggie Fingers with Chips & Mushy Peas
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Sponge Cake with 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 13 <sup>th</sup> July	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
<b>HOT MAINS</b>	Broccoli & Cream Cheese Pasta Bake <span style="color: green;">V</span>	Jewel's Chicken Karahi with Wholegrain Rice & Green Beans	Cumberland Sausage Slice with Wedges & Beans	Beef Chilli Tacos with Tortilla Chips & Salad	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos with Salad <span style="color: green;">V</span>	Vegetable & Lentil Stew <span style="color: green;">Ve</span>	Tomato & Basil Pasta <span style="color: green;">V</span>	Vegan Jambalaya <span style="color: green;">Ve</span>	Veggie Sausage Roll with Chips & Garden Peas <span style="color: green;">V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about today's special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad	Apple Flapjack	Iced Sponge Cake with Custard	Sticky Toffee Pudding	Cheese & Crackers



**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 15 <sup>th</sup> June		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice				
HOT MAINS	Quorn Mince Cottage Pie with Seasonal Vegetables 				
	Broccoli & Cream Cheese Pasta Bake 				
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad				

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

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