

Lunch Menu

Week 1
Autumn Term

Meat FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup

Staff & FVI

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Served with Freshly Made Bread

Main Meal

Jacket Potato Bar
with various toppings
Chilli, Baked beans, Tuna
mayo, Cheese, just Butter
(M, E, F)

Sweet sticky chicken
(So, Su)

Roasted chicken
with Yorkshire pudding
and gravy
(G,Ce)

Swedish Meatballs in a
creamy sauce with pasta
(Ce,G,E,M)

Chicken or vegetarian
goujons with tomato
sauce
(M, G, F)

Veggie Meal

Vegetable Chilli
Rice

Sweet sticky chunky
Tofu/Quorn
(E,So)

Crunchy Vegetable
Crumble
(G,M)

Swedish Quorn Balls in a
creamy sauce
(Ce,G,E,M)

Cheese & Tomato
Quiche
(G,E,M)

Served With

Mixed salad
Coleslaw
Cucumber
(E)

Jasmine Rice
Broccoli
Sweetcorn & mixed
peppers

Roast Potatoes
Medley of seasonal
Vegetables

Green salad
Cucumber & carrot sticks

Chips
Garden Peas
Baked Beans

Available Daily: Jacket Potatoes with Toppings | Salad | Pasta upon request

Dessert

Artic Roll
(G,M)

Rocky Road
(G,M, So)

Apple Crumble &
Custard
(G, M,E)

Strawberry Jelly

Raspberry & Coconut
Sponge & custard
(G,E,M)

Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, Yoghurt
Gluten Free and Milk Free alternatives will be available for Main Meals and Desserts

Dietary Information: Ce – Celery, So – Soy, E – Eggs, F – Fish, G – Gluten, Su – Sulphur, Cr – Crustacean, L – Lupin, M – Milk, Mo – Molluscs,
Mu–Mustard, N–Tree Nuts, P – Peanuts, Se – Sesame - Bread products bought in 'may contain sesame' but we avoid using sesame seeds

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Lunch Menu

Week 2
Autumn Term

Meat FREE

MONDAY

Soup of the day

TUESDAY

Soup of the Day

WEDNESDAY

Soup of the Day

THURSDAY

Soup of the Day

FRIDAY

Soup of the Day

Served with Freshly Made Bread

Main Meal

Pasta Bar
Tomato Sauce, Pesto, Plain,
Tuna
Bread
(E,F)

Chicken Curry
Pitta Bread
(G)

Honey Roasted
gammon ham with
Yorkshire pudding
(G)

Chicken Pasta Bake
with Garlic Bread
(G, M)

Pork or vegetarian
Sausages, mash &
gravy
(G, M, E, So)

Veggie Meal

Spanish Omelette
(E)

Vegetable Curry
Pitta Bread
(G)

Vegetable Terrine
(E, M)

Vegetable Pasta Bake
with Garlic Bread
(G, M)

Roasted vegetable
quiche
(G,E)

Served With

Mixed Green salad
Cucumber sticks

Rice
Peas
Broccoli

Roasted new potatoes
Glazed carrots
Green Beans

Sweetcorn
Peas

Baked beans
Peas

Available Daily: Jacket Potatoes with Toppings | Salad | Pasta upon request

Dessert

Ice Cream
(M)

Lemon Shortbread
(G)

Fruit Crumble & Custard
(G, M,.)

Rice Crispie cake
(G, M, So)

Iced Chocolate sponge
(G,E,M)

Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, Yoghurt
Gluten Free and Milk Free alternatives will be available for Main Meals and Desserts

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Lunch Menu

Week 3
Autumn Term

Meat FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup

Staff & FVI

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Served with Freshly Made Bread

Main Meal

Mac & Cheese
Garlic Bread
(G,M)

Cottage pie

Chicken Fajita
Served with cheese and sour
cream
(G, M)

Pizza Day
Margarita, Peperoni
(G, M)

Fish and Vegetarian
Fingers
(F, G, M)

Veggie Meal

Ratatouille &
Bread
(G,M)

Vegetable Pie
(G,E,M)

Vegetable Fajita with cheese
and sour cream
(G, M)

Mushroom and garlic
pizza
(G)

Seasonal Vegetable
Quiche
(G,E,M)

Served With

Mixed Salad
Coleslaw (E)

Buttery new potatoes
Savoy cabbage
Glazed Carrots
(M)

Rice
Lettuce

Potato Wedges
Coleslaw (E)
Green Salad

Chips
Baked Beans &
Garden Peas

Available Daily: Jacket Potatoes with Toppings | Salad | Pasta upon request

Dessert

Chocolate concrete
cake with pink custard
(G, M)

Strawberry Jelly

Oat & Raisin Cookies
(G,E,M)

Ice Cream with Chocolate
Sauce
(G,M, So)

Golden syrup sponge
& custard
(M)

Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, or Yoghurt
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