

# Lunch Menu Week 1



| w/c 13 <sup>th</sup> April |  Planet Friendly MONDAY          | TUESDAY                                                                                                                  | WEDNESDAY                                                                                         | THURSDAY                                                                                                                       | FRIDAY                                                                                                                |
|----------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| SOUP                       | Carrot & Coriander                                                                                                | Red Pepper Soup                                                                                                          | Tomato & Basil                                                                                    | Broccoli & Cheddar                                                                                                             | Leek & Potato                                                                                                         |
| HOT MAINS                  | Wholemeal pizza, Wedges & Beans  | Chicken Fajitas with Tortilla Chips                                                                                      | All Day Breakfast                                                                                 | Wholemeal Spaghetti Bolognese                                                                                                  | Fish Fingers with Chips & Garden Peas                                                                                 |
|                            | Meat Free Burritos               | Roasted Red Pepper Quiche with Salad  | Asian Noodles  | Puy Lentil Shepherds Pie with Baby Carrots  | Veggie Burger in a Bun with Chips  |
| CHEF SPECIAL               | Ask Chef about todays special!                                                                                    |                                                                                                                          |                                                                                                   |                                                                                                                                |                                                                                                                       |
| DESSERT                    | Fresh Fruit Salad                                                                                                 | Ginger Biscuits                                                                                                          | Barabrith                                                                                         | 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 20 <sup>th</sup> April |  | TUESDAY                                 | WEDNESDAY                                     | THURSDAY                                         | FRIDAY                                                      |
|----------------------------|-----------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------------------|
| SOUP                       | Chef Choice                                                                       | Broccoli & Cheddar                      | Chef Choice                                   | Pea Soup                                         | Chinese Sweetcorn                                           |
| HOT MAINS                  | Tomato & Basil Pasta <span>Ve</span>                                              | Spanish Chicken with Rice & Green Beans | Sausage & Mash with Gravy & Peas              | Caribbean Curry Beef with Rice                   | Fish Fingers with Chips & Garden Peas                       |
|                            | Red Pepper Quiche with Salad <span>V</span>                                       | Vegetable & Lentil Stew <span>Ve</span> | Vegetable Singapore Fried Rice <span>V</span> | Spanish Omelette with Crisp Salad <span>V</span> | Veggie Sausage Roll with Chips & Garden Peas <span>V</span> |
| CHEF SPECIAL               | Ask Chef about todays special!                                                    |                                         |                                               |                                                  |                                                             |
| DESSERT                    | Fresh Fruit Salad                                                                 | Flapjacks                               | Iced Sponge Cake with Custard                 | German Apple Cake                                | Cheese & Crackers                                           |

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V Vegetarian  
Ve Vegan  
 Oily fish

# Lunch Menu Week 3



| w/c 27 <sup>th</sup> April |                                            | TUESDAY                                                                                                  | WEDNESDAY                                                                                                    | THURSDAY                                                                                                                                     | FRIDAY                                                                                                                                       |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| SOUP                       | Chef Choice                                                                                                                 | Tomato & Basil                                                                                           | Broccoli & Cheddar                                                                                           | Roasted Pepper                                                                                                                               | Chinese Sweetcorn                                                                                                                            |
| HOT MAINS                  | Quorn Mince Cottage Pie with Baby Carrots  | Jewel's Chicken Karahi with Wholegrain Rice & Green Beans                                                | Macaroni Cheese topped with Chilli Con Carne                                                                 | Ham Roast Dinner with Roasted New Potatoes & Cauliflower Cheese                                                                              | Fish Fingers or Tandoori Salmon  with Chips & Garden Peas |
|                            | Broccoli & Cream Cheese Pasta Bake         | Cherry Tomato Quiche  | West African Jollof Rice  | Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread  | Veggie Sausage Roll with Chips & Garden Peas              |
| CHEF SPECIAL               | Ask Chef about today's special!                                                                                             |                                                                                                          |                                                                                                              |                                                                                                                                              |                                                                                                                                              |
| DESSERT                    | Fresh Fruit Salad                                                                                                           | Scones                                                                                                   | Sponge Cake Topped with Jam & Whipped Cream                                                                  | Apple Turnovers                                                                                                                              | Cheese & Crackers                                                                                                                            |

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 Oily fish

# Lunch Menu Week 4



| w/c 4 <sup>th</sup> May |  Planet Friendly MONDAY | TUESDAY                                                                                                                        | WEDNESDAY                                                                                                                  | THURSDAY                                                                                                        | FRIDAY                                                                                                                     |
|-------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| SOUP                    | Bank Holiday                                                                                             | Pea Soup                                                                                                                       | Red Pepper Soup                                                                                                            | Pea Soup                                                                                                        | Chef Choice                                                                                                                |
| HOT MAINS               | Bank Holiday                                                                                             | Meat Free Spaghetti Bolognese with Salad    | Chef Daniel's Beef & Bean Quesadillas                                                                                      | Chef Bonnie's Sunshine Pasta                                                                                    | Homemade Battered Fish with Chips & Peas                                                                                   |
|                         | Bank Holiday                                                                                             | Puy Lentil Shepherds Pie with Baby Carrots  | Vegetable & Rice Enchiladas with Salad  | Spanish Omelette with Salad  | Veggie Sausage Rolls with Chips & Peas  |
| CHEF SPECIAL            | Ask Chef about todays special!                                                                           |                                                                                                                                |                                                                                                                            |                                                                                                                 |                                                                                                                            |
| DESSERT                 | Bank Holiday                                                                                             | German Apple Cake                                                                                                              | Sticky Toffee pudding                                                                                                      | Fresh Fruit Salad                                                                                               | Rich 'Chocolate' Cookies                                                                                                   |

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# Lunch Menu Week 5



| w/c 11 <sup>th</sup> May |  | TUESDAY                                                  | WEDNESDAY                      | THURSDAY                                                 | FRIDAY                                                           |
|--------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------|----------------------------------------------------------|------------------------------------------------------------------|
| SOUP                     | Chef Choice                                                                       | Tomato & Basil                                           | Broccoli & Cheddar             | Chef Choice                                              | Chinese Sweetcorn                                                |
| HOT MAINS                | Tomato & Basil Pasta <small>Ve</small>                                            | Ham Roast Dinner with Seasonal Vegetables & New Potatoes | Caribbean Beef Curry with Rice | Cumberland Sausage Slice, Homemade Potato Wedges & Beans | Fish Fingers or Tandoori Salmon with Chips & Garden Peas         |
|                          | Red Pepper Quiche with Salad <small>V</small>                                     | Vegetarian Chilli with Rice <small>V</small>             | Pesto Pasta <small>V</small>   | Vegetable & Lentil Stew <small>Ve</small>                | Veggie Burger in a Bun with Chips & Garden Peas <small>V</small> |
| CHEF SPECIAL             | Ask Chef about todays special!                                                    |                                                          |                                |                                                          |                                                                  |
| DESSERT                  | Fresh Fruit Salad                                                                 | Vanilla Cheesecake                                       | Pineapple & Coconut Sponge     | Flapjacks                                                | Cheese & Crackers                                                |

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# Lunch Menu Week 6



| w/c 18 <sup>th</sup> May |  Planet Friendly MONDAY            | TUESDAY                                                                                                                  | WEDNESDAY                                                                                                              | THURSDAY    | FRIDAY                                                                                                                                |
|--------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------|
| SOUP                     | Chef Choice                                                                                                         | Chinese Sweetcorn                                                                                                        | Chef Choice                                                                                                            | Chef Choice | Chef Choice                                                                                                                           |
| HOT MAINS                | Wholemeal pizza, Wedges & Beans    | Chicken Katsu Curry with Rice                                                                                            | Sausage & Mash with Gravy & Peas                                                                                       | Chef Choice | Homemade Battered Fish with Chips & Beans                                                                                             |
|                          | Cheese & Tomato panini with Salad  | Cheese & Red Onion Quiche with Salad  | Homemade Macaroni Cheese with Peas  | Chef Choice | Sri Lankan Sweet Potato & Coconut Curry with Rice  |
| CHEF SPECIAL             | Ask Chef about todays special!                                                                                      |                                                                                                                          |                                                                                                                        |             |                                                                                                                                       |
| DESSERT                  | Apple & Oat Crumble with pouring Cream                                                                              | Homemade Rice pudding with Strawberry Jam                                                                                | Fresh Fruit Salad                                                                                                      | Chef Choice | Cheese & Crackers                                                                                                                     |

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