

LET'S SEE WHAT'S FOR LUNCH...



MENU - WEEK 1

MONDAY

MAIN	Beef Bolognese with Spaghetti
VEGETARIAN MAIN	Spinach & Pesto Sauce with Spaghetti
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Broccoli & Sweetcorn
SANDWICHES 1	Chicken Mayonnaise Baguette
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Chocolate & Courgette Sponge

TUESDAY

MAIN	Chicken & Sweetcorn Meatballs in a Tomato Sauce with Pasta
VEGETARIAN MAIN	Vegan Meatballs in a Roasted Tomato & Basil Sauce with Pasta
PASTA OR JACKET	Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Cauliflower
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese & Tomato Bloomer
DESSERT	Vanilla Ice Cream

WEDNESDAY

MAIN	BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
VEGETARIAN MAIN	Mac N' Cheese with Garlic Bread
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Carrots & Seasonal Greens
SANDWICHES 1	Tuna & Sweetcorn Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Banana Flapjack

WEEK 1:

5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY, 1ST JUN, 22ND JUN, 13TH JUL, 31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC

MAIN

VEGETARIAN MAIN

PASTA OR JACKET

TO GO WITH

SANDWICHES 1

SANDWICHES 2

DESSERT

THURSDAY

Chilli Beef Taco with Cajun Sweet Potato Wedges

Vegetarian Chilli Taco with Cajun Sweet Potato Wedges

Pasta with Squash & Tomato Sauce

Roasted Carrots & Sweetcorn

Tuna Mayo Sandwich

Cheese Salad Wrap

Iced Lemon Cake with Sprinkles

FRIDAY

Fish Fingers , Chips & Ketchup

Baked Crispy Vegetable Fingers & Garlic Mayo Wrap with Chips

Baked Jackets with Baked Beans

Baked Beans & Peas

Ham Sandwich

Egg Mayo Baguette

Maryland Cookie

ALSO AVAILABLE EVERY DAY

Fresh Fruit

Yoghurt

Jelly



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HONESTLY GOOD FOOD

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MENU - WEEK 2

MONDAY

MAIN	Grilled Cumberland Sausage with Mashed Potatoes & Gravy
VEGETARIAN MAIN	Vegan Sausage with Mashed Potatoes & Gravy
PASTA OR JACKET	Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Cheese Sandwich
SANDWICHES 2	Ham Salad Wrap
DESSERT	Marble Sponge with Custard

TUESDAY

MAIN	Beef Korma with Steamed Rice
VEGETARIAN MAIN	Vegan Chickpea & Spinach Korma with Garlic & Coriander Naan Bread
PASTA OR JACKET	Baked Jackets with Baked Beans or Salmon Mayonnaise
TO GO WITH	Spiced Roasted Cauliflower & Broccoli
SANDWICHES 1	Egg Mayonnaise Sandwich
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Apple & Carrot Flapjack

WEDNESDAY

MAIN	Roast Leg of Pork with Gravy
VEGETARIAN MAIN	Sweet Potato & Leek Frittata with Gravy
PASTA OR JACKET	Pasta with Tomato & Vegetable Sauce
TO GO WITH	Roast Potatoes & Broccoli & Carrots
SANDWICHES 1	Cheese & Tomato Bloomer
SANDWICHES 2	Ham Sandwich
DESSERT	Fruit Jelly

WEEK 2:

12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY, 8TH JUN, 29TH JUN, 20TH JUL, 7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC

MAIN

VEGETARIAN MAIN

PASTA OR JACKET

TO GO WITH

SANDWICHES 1

SANDWICHES 2

DESSERT

THURSDAY

Cottage Pie topped with Sweet Potato Mash

Vegan Cottage Pie

Pasta with Squash & Tomato Sauce

Corn on the Cob & Roasted Carrots

Cheese Sandwich

Chicken Mayonnaise Baguette

Homemade Strawberry Cheesecake

FRIDAY

Fish Fingers, Chips & Ketchup

Vegan Quorn Nuggets with Chips & Ketchup

Baked Jackets with Baked Beans

Baked Beans & Peas

Egg Mayonnaise Sandwich

Ham Salad Baguette

Vanilla Ice Cream

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Fresh Fruit

Yoghurt

Jelly

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MENU - WEEK 3

MONDAY

MAIN	Spiced Tex Mex Chicken with Steamed Rice
VEGETARIAN MAIN	Vegan Fajita Wrap with Steamed Rice
PASTA OR JACKET	Pasta with Tomato & Vegetable Sauce
TO GO WITH	Sweetcorn & Carrots
SANDWICHES 1	Ham Salad Wrap
SANDWICHES 2	Cheese & Tomato Bloomer
DESSERT	Jam & Coconut Sponge

TUESDAY

MAIN	Homemade BBQ Chicken Pizza with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Coleslaw
SANDWICHES 1	Tuna & Sweetcorn Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Carrot Cake

WEDNESDAY

MAIN	Herby Roast Chicken with Gravy
VEGETARIAN MAIN	Roasted Vegetable & Lentil Loaf with Gravy
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Roast Potatoes, Carrots & Seasonal Greens
SANDWICHES 1	Tuna Mayo Sandwich
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Chocolate & Sweet Potato Brownie

WEEK 3:

19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY, 15TH JUN,
6TH JUL, 27TH JUL, 14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC

MAIN

VEGETARIAN MAIN

PASTA OR JACKET

TO GO WITH

SANDWICHES 1

SANDWICHES 2

DESSERT

THURSDAY

Traditional Beef Lasagne with Garlic Bread

Vegan Bean Bolognese with Pasta & Garlic Bread

Wholemeal Pasta with Tomato & Basil Sauce

Steamed Peas & Carrots

Chicken Mayonnaise Baguette

Cheese Sandwich

Oaty & Sultana Cookie

FRIDAY

Beef Burger in a Bun , Chips & Ketchup

Vegetable Burger with Chips & Ketchup

Pasta with Squash & Tomato Sauce

Baked Beans & Peas

Ham Salad Baguette

Cheese Sandwich

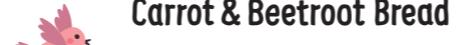
Fruit Jelly

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Fresh Fruit

Yoghurt

Jelly



Pabulum Salad Bar

Wholemeal Bread

Carrot & Beetroot Bread

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