

Lunch Menu Week 1



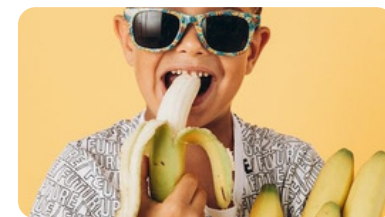
w/c 23rd Feb	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach	Chef Choice
HOT MAINS	Tomato & Basil Pasta Ve	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Fajitas	Ham Roast Dinner with Cauliflower Cheese & Roast New Potatoes	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Spanish Omelette with Salad V	Vegetarian Sausage Toasties V	Cheese & Red Onion Quiche V	Vegetarian Chilli with Rice V	Veggie Fingers with Chips & Mushy Peas V
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad Ve	Fresh Fruit Trifle	Sticky Toffee Pudding	Bakewell Cherry Slice	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.

V Vegetarian
Ve Vegan
 Oily fish

Lunch Menu Week 2



w/c 2 nd Mar		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Red Pepper Soup	Tomato & Basil	Broccoli & Cheddar	Leek & potato
HOT MAINS	Wholemeal Pizza with Wedges & Beans V	Beef Chilli Tacos with Tortilla Chips	All Day Breakfast	Homemade Scouse with Crusty Bread & Beetroot	Fish Fingers with Chips & Garden Peas
	Vegetarian Chilli with Rice V	Asian Noodles V	Roasted Red Pepper Quiche with Salad V	Quorn Stovies V	Welsh Rarebit V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard	Ginger Biscuits Ve	Fresh Fruit Salad Ve	Fresh Fruit Trifle	Barabrith

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

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Lunch Menu Week 3



w/c 9th Mar	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Pepper	Chinese Sweetcorn
HOT MAINS	Quorn Mince Cottage Pie with Seasonal Veg 	Jewel's Chicken Karahi with Wholegrain Rice & Green Beans	Chef Daniel's Beef & Bean Quesadillas	Beef Stifado with Wholegrain Rice	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake 	Spanish Omelette with Salad 	Vegetable & Lentil Stew 	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 	Apple Flapjacks	Sponge Cake Topped with Jam & Whipped Cream	Shortbread Biscuits 	Cheese & Crackers

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

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Lunch Menu Week 4



w/c 16 th Mar		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Roasted Vegetable	Lentil	Red Pepper	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza, Wedges & Beans V	Chicken pie with New Potatoes & Baby Carrots	Meatball Sub with Tortilla Chips & Salad	Chef Bonnie's Sunshine Pasta	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Cherry Tomato & Cheese Quiche with Salad V	Veggie Toad in the Hole V	Vegetable Paella Ve	Vegetable & Rice Enchiladas V	Veggie Fingers with Chips & Garden Peas V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	German Apple Cake	Ginger Biscuits Ve	Pineapple & Coconut Sponge	Scones & Whipped Cream	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 5



w/c 23rd Mar	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Tomato & Basil Pasta Ve	Homemade Chicken Korma with Wholegrain Rice, Green Beans & Chutney	Rich Sausage & Lentil Ragu with Mash	Spaghetti Bolognese	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos with Salad V	Vegetable & Lentil Stew Ve	Veggie Fingers 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 Ve	Apple Flapjacks	Iced Sponge Cake	'Chocolate' Fudge Cake	Cheese & Crackers

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

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