

# Lunch Menu

## WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

PET 'N' TASTY

RAP OR SUB

SIDES

TODAY'S DESSERTS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V) 	Chilli Con Carne & Fiesta Rice  Lamb Chilli Con Carne & Fiesta Rice (H) 	Roast Gammon with Gravy & Roasties  Roast Chicken, Roasties & Gravy  Grilled Chicken Sausages, Gravy & Roasties or Mash (H) 	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice  Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips or Grilled Sausage & Chips 
Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve) 	Chilli Sin Carne & Fiesta Rice (Ve) 	Roast Quorn, Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice 	Cheese & Tomato Pizza & Wedges/Chips 
Vegan Sausage Roll (Ve) 	Cheesy Meatball Arrabbiata Toasted Baguette 	Brunch Pot 	Crispy Pork or Beef Soft Taco 	Pepperoni Pizza & Wedges/Chips 
Tomato & Basil Pasta 	Sweet Chilli Chicken Pasta 	Chicken Tikka & Steamed Rice 	Sweet & Sour Chicken Noodles 	Pasta Arrabbiata 
Mediterranean Chicken 	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 
Baked Beans  Broccoli  Mixed Salad	Baked Beans  Fajita Roasted Sweetcorn & Peppers  Mixed Salad	Baked Beans  Mixed Vegetables  Mixed Salad	Baked Beans  Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans  Peas  Mixed Salad
Vanilla & Cherry Cookie Cup	Jam Bun	Iced Ginger Cake 	Giant Chocolate Cookie	Apple muffin 

# Lunch Menu

## WEEK TWO – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Mac 'n' Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa 	Roast Chicken, Crispy Roasties & Gravy 	Thai Yellow Chicken & Vegetable Curry Mixed Rice 	Sustainably Sourced Battered Fish & Chips 
Buffalo Burrito (Ve) 	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V) 
Dirty Quorn & Cheesy Bean Burger (V) 	Fish Finger Bap & Mayo or Ketchup 	BBQ Chicken Snack Wrap 	Veggie Breakfast Frittata (V) 	Pepperoni Pizza & Wedges/Chips 
Vegetable Tikka & Mixed Rice 	Beef Bolognese Pasta Pot 	Chicken Jalfrezi & Steamed Rice 	Veggie Pasta Pot 	Tomato & Basil Pasta 
Baked Beans 	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 
Baked Beans 	Baked Beans 	Baked Beans 	Baked Beans 	Baked Beans 
Garlic Bread Green Beans Garden Salad	Fajita Roasted Sweetcorn & Peppers 	Seasonal Mixed Vegetables 	Asian Slaw, Garlic Green Beans 	Peas 
Garden Salad 	Garden Salad 	Garden Salad 	Garden Salad 	Garden Salad 
Lemon & Blueberry Slice 	Baked Chocolate Cup	Baked Vanilla Sponge 	Garden Salad Cornflake Cake	Giant Chocolate Cookie

# Lunch Menu

## WEEK THREE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spanish Omelette &amp; Pepper &amp; Tomato Sauce &amp;</b>  <b>Garlic Bread (V)</b>	<b>Chicken &amp; Vegetable Enchilada, Savoury Rice</b>  <b>Chicken &amp; Vegetable Enchilada, Savoury Rice (H)</b> 	<b>Cottage Pie</b>  <b>Shepherd's Pie &amp; Gravy (H)</b> 	<b>Chicken &amp; Vegetable Korma, Gunpowder Potatoes OR Chicken &amp; Vegetable Korma, Gunpowder Potatoes (H)</b>  <i>Alternatively, can be served with Half Mixed Rice &amp; Gunpowder Potatoes</i>	<b>Sustainably Sourced Battered Fish &amp; Chips</b> <b>Oven Baked Chicken Goujons &amp; Chips</b> 
<b>Veggie Bolognese Pasta Bake (V)</b> 	<b>Mexican Vegetable Stew &amp; Baked Tortilla (Ve)</b> 	<b>Classic Mac 'n' Cheese, Cheesy Herb Crumb (V)</b> 	<b>Roasted Cauliflower &amp; Sweet Potato Curry, Gunpowder Potatoes (Ve)</b>  <i>Alternatively, can be served with Half Mixed Rice &amp; Gunpowder Potatoes</i>	<b>Cheese &amp; Tomato Pizza &amp; Wedges/Chips (V)</b> 
<b>Vegetable Cheeseburger (V)</b> 	<b>Panini of the Day Pepperoni or Cheesy Bean (V)</b>  <b>Pizza Topped Baguette Pepperoni or Margherita (V)</b> 	<b>Halal Chicken Sausage Roll</b> 	<b>BBQ Veggie Melt (V)</b> 	<b>Pepperoni Pizza &amp; Wedges/Chips</b> 
<b>Vegetable Tikka Masala &amp; Rice</b> 	<b>Tomato &amp; Basil Pasta Pot</b> 	<b>Sweet &amp; Sour Chicken Noodles</b> 	<b>Pesto Pasta Pot</b>	<b>Beef Bolognese Pasta Pot</b> 
	<b>Mediterranean Chicken</b> 	<b>Piri Piri Chicken</b> 	<b>Mediterranean Chicken</b> 	<b>Chicken Tikka</b> 
<b>Baked Beans</b>  <b>Garlic Green Beans</b>  <b>Garlic Bread, Garden Salad</b>	<b>Baked Beans</b>  <b>Roasted Sweetcorn Wedges, Garden Salad</b>	<b>Seasonal Mixed Vegetables</b>  <b>Garden Salad</b>	<b>Baked Beans</b>  <b>Steamed Broccoli</b> 	<b>Baked Beans</b>  <b>Peas</b>  <b>Mixed Salad</b> <b>Homemade Lemon Drizzle Cake</b>
<b>Flapjack</b> 	<b>Marble Chocolate muffin</b> 	<b>Jammie Cookie</b>	<b>Iced Orange &amp; Ginger Traybake</b>	

# Lunch Menu



Slow-Release  
Energy Foods



For a  
Healthy Gut



Brain  
Boost



Contains  
Calcium



Contains  
Iron



Contains  
Protein

