

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL 1

Rainbow Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad
(G) (W) (SO) (E) (MK)

Jerk Chicken served Golden Rice mixed Vegetables

Homemade Beef Lasagne served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad
(G) (W) (E) (MU) (MK) (SO)

Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans
(G) (W) (F)

MAIN MEAL 2

Thai Vegetable Curry served with Fluffy White Rice

BBQ Lentil, Bean & Vegetable Wraps served Golden Wholemeal Rice & Mixed Vegetables
(G) (W) (B) (SO) (C)

Crispy Vegetable & Egg Free Noodle Stir Fry in a Soy Sauce Dressing
(G) (W) (SO)

Baked Cod with roasted Tomatoes and Olives served with New Potatoes and Veg
(F)

Beef Burger in a Bun served with Chips, Garden Peas or Baked Beans
(G) (W) (SE)

MAIN MEAL 3

Pasta with a homemade tomato sauce served with fresh salad and chunky bread
(G) (W) (MU) (SO)

Wholemeal Tuna Pasta in a Creamy Sauce with Seasonal Vegetables
(G) (W) (MU) (SO) (MK) (F)

Moroccan Vegetable and Chickpeas Tagine with Fruity Couscous
(G) (W)

Fresh Baguette with either cheese or tuna mayo served with salad
(G) (W) (MK) (SE) (E) (F)

Aubergine and Chickpea Curry Served with Fluffy white Rice
(MK) (MU)

DESSERTS

Cheese & Crackers Fresh Fruit Pot
(G) (W) (B) (MK)

Fruit Yogurt & Coulis Fresh Fruit Pot
(MK)

Apple & Berry Slice with cream Fresh Fruit Pot
(G) (W) (MK)

Cheese & Crackers Fresh Fruit Pot
(G) (W) (B) (MK)

Ice Cream Fresh Fruit Pot
(MK)

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Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

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MAIN MEAL 1

Butternut Squash Korma Served with Wholemeal Rice, Naan Bread Finger & Mixed Vegetables
(G) (W) (MK)

Sweet and Sour Turkey served with rice and stir Fried Vegetables

Beef Bolognese served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad
(G) (W) (MU) (SO) (MK)

Chicken Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy
(G) (W) (MK) (SU) (E)

Breaded Fish Fillet served with Skinny Chips, Garden Peas or Baked Beans
(G) (W) (F)

MAIN MEAL 2

Leek Carbonara Pasta served with vegetables
(G) (W) (MU) (SO) (MK)

Kenyan Chicken Githeri with Vegetables

Broccoli & Cauliflower Bake Served with Homemade Herb Bread
(G) (W) (MK)

Salmon and Spinach Wellington served with Potatoes
(G) (W) (MK) (E) (F)

Cheese and Tomato Pizza Baguette served skinny chips, Garden Peas or Baked Beans
(G) (W) (SE) (MK)

MAIN MEAL 3

Jacket Potato loaded with Cheese and Onion served with Fresh Salad
(MK)

Cheese & Tomato Pinwheel served with Wholemeal Vegetable Rice & Mixed Salad
(G) (W) (SO) (E) (MK)

Vegetable Chilli Con Carne served with Wholemeal Rice & Seasonal Vegetable
(G) (W)

Vegetable Paella Served with Selection of Mixed Salads

Spanish Style Vegetable cassoulet Served with Boiled New potatoes

DESSERTS

Cheese & Crackers
Fresh Fruit Pot
(G) (W) (B) (MK)

Fruit Jelly
Fresh Fruit Pot

Toffee Apple Cake
Fresh Fruit Pot
(G) (W) (E) (MK)

Fruit Yogurt & Coulis
Fresh Fruit Pot
(MK)

Pancakes with various toppings
Fresh Fruit Pot
(G) (W) (E) (MK)

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MAIN MEAL 1

Traditional Macaroni Cheese Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad
(G) (W) (MU) (SO) (MK)

Beef Chilli Con Carne served with Wholemeal Rice & Seasonal Vegetable
(G) (W)

BBQ Pulled Chicken Wraps served Baked Wedges & Mixed Vegetables
(G) (W) (B) (SO) (C)

Roast Turkey served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy
(G) (W)

Fish Fingers served with Chips, Garden Peas or Baked Beans
(G) (W) (F)

MAIN MEAL 2

Zunka Bhakri Curry with Rice and vegetables
(G) (W) (MU)

Roasted Cod with , Roasted Olives and Tomatoes & Vegetable Medley
(F)

Homemade Vegetarian Lasagne Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad
(G) (W) (E) (MU) (MK) (SO)

Baked Lentil Roast served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy
(G) (W) (E) (SO)

Chicken Thighs served with Chips, Garden Peas or Baked Beans

MAIN MEAL 3

Jacket Potato with Choice of Toppings served with Fresh Salad
(MK) (E) (F)

Roasted Vegetable & Bean Pasta Bakes Served with Garlic & Herb Bread, Mixed Salad
(G) (W) (MK) (SO) (MU)

Spring Vegetable Quiche Served With New Potatoes
(G) (W) (MK) (E)

Roasted Butternut Squash & Risotto Served with Fresh Salad
(MK)

Mediterranean Vegetable Ratatouille

DESSERTS

Fresh Yoghurt and Coulis
Fresh Fruit Pot
(MK)

Fruit Jelly
Fresh Fruit Pot

Peach Sponge with Custard
Fresh Fruit Pot
(G) (W) (E) (MK)

Cheese & Crackers
Fresh Fruit Pot
(G) (W) (B) (MK)

Fruit Jelly
Fresh Fruit Pot

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MAIN MEAL 1

Chickpea & Lentil Curry Served with Fluffy Rice & Vegetables (MU) (MK)

Chicken Sausages, Creamy Mashed Potato, Seasonal Vegetable & Gravy (G) (W) (MK) (SU)

Turkey Meatball In a Rich Tomato Sauce Served with Wholemeal Rice (G) (W) (SO) (MU)

Roast Beef served with Roast Potatoes, Carrots, Broccoli and Gravy

Fish Fingers served with Skiny Fries, Baked Beans or Peas (G) (W) (F)

MAIN MEAL 2

Roasted Vegetable Quiche served with New Potato & Fresh Salad (G) (W) (E) (MK)

Crispy Vegetable & Egg Free Noodle Stir Fry in a Sweet and Sour Sauce (G) (W)

Vegetable Bolognese served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad (G) (W) (MK) (MU) (SO)

Homemade Vegetarian Lasagne Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad (G) (W) (E) (MK) (MU) (SO)

Fish Paella (F)

MAIN MEAL 3

Paprika Spice Mediterranean Vegetable Casserole served New Potatoes

Homemade Salmon Fish Cakes served with Parsley Potatoes and Green Beans and Tartar Sauce (E) (MK) (F) (G) (W)

Loaded Jacket Potato with Cheese Onion and Peppers served with Fresh Salad (MK)

Vegetable Frittata Served with Fresh Salad (E) (MK)

Stuffed Peppers Filled with Green Lentil and Rice Served with Tomato Ragù

DESSERTS

Cheese & Crackers Fresh Fruit Pot (G) (W) (B) (MK)

Fruit Jelly Fresh Fruit Pot

Lemon Drizzle Cake Fresh Fruit Pot (G) (W) (E)

Cheese & Crackers Fresh Fruit Pot (G) (W) (B) (MK)

Fruit Jelly Fresh Fruit Pot

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