

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL 1

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

Jerk Chicken served with Golden Rice and mixed Vegetables

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

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 Diced Potatoes Mixed Vegetables  
(G) (W)

Nigerian Fried Rice

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)

### MAIN MEAL 3

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

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

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

### MAIN MEAL 3

Jacket Potato with either Baked Beans or Cheese served with Fresh Salad  
(MK)

Cheese & Tomato Pinwheel served with Vegetables and Rice & Mixed Salad  
(G) (W) (MK)

Vegetable Chilli Con Carne served with Rice & Seasonal Vegetable

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) (MK)

Beef Chilli Con Carne served with Rice & Seasonal Vegetable

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

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  
(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) (MK)

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

Chicken Leg 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 Pasta Bakes Served with Garlic & Herb Bread, Mixed Salad  
(G) (W) (MK)

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)

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

Chicken Rasta Pasta (G) (MK)

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)

Baguette with a Choice of Fillings : Egg Mayo or Tuna and Cucumber or Salad Baguette (G) (W)(E)

Vegetable Bolognaise served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad (G) (W)

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

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)(MU)

Jacket Potato with Cheese or Baked Beans served with Fresh Salad (MK)

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

Stuffed Peppers Filled with Green Lentil and Cous Cous 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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