

Lunch Menu Week 1



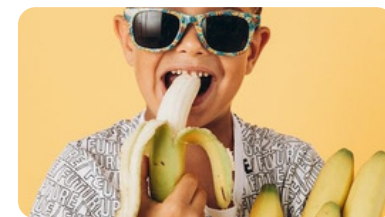
w/c 5 th Jan	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Leek & Potato	Red Pepper Soup	Tomato & Basil	Chef Choice
HOT MAINS	Cheesy Beans Pasta Bake 	Corned Beef Hash with Beans	Chicken Fajitas	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Cherry Tomato & Cheese Quiche with Salad 	Asian Noodles 	Macaroni Cheese 	Vegetarian Sausage Toasties 	Veggie Fingers with Chips & Mushy Peas 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard	Ginger Biscuits	Fresh Fruit Salad	Fresh Fruit Trifle	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.

 Vegetarian
 Vegan
 Oily fish

Lunch Menu Week 2



w/c 12th Jan		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
HOT MAINS	Tomato & Basil wholemeal Pasta 	Ham Roast Dinner with Seasonal Vegetables & Roast New Potatoes	Spaghetti & Meatballs	Chef Choice	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Vegetarian Chilli with Brown Rice 	Cheese & Onion Plate pie with Carrots & Peas 	Roasted Red Pepper Quiche with Salad 	Chef Choice	Veggie Burger in a Bun with Chips 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad	Barabrith	Pineapple & Coconut Sponge	Chef Choice	Cheese & Crackers

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 19th Jan		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza & Wedges with Beans V	Jewel's Chicken Karahi with Wholegrain Rice & Green Beans	Chef Daniel's Beef & Bean Quesadillas	Chef Bonnie's Sunshine Pasta	Fish Fingers with Chips & Garden Peas
	Vegetable & Lentil Stew Ve	Broccoli & Cream Cheese Pasta Bake V	Macaroni Cheese 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	Apple Flapjacks	Iced Sponge Cake with Custard	Oat Cookies	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 4



w/c 26th Jan		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
HOT MAINS	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread 	All Day Breakfast	Chinese Chicken Curry with Brown Rice & Prawn Crackers	Homemade Cottage Pie with Peas & Carrots	Fish Fingers or Tandoori Salmon  with Chips & Garden Peas
	Spanish Omelette with Salad 	Roasted Red Pepper Quiche with Salad 	Vegetable Egg Fried Rice 	Vegetable & Lentil Stew 	Veggie Sausage Rolls with Chips & Garden Peas 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad	Shortbread Biscuits	Sponge Cake topped with Jam & Whipped Cream	Apple Flapjacks	Cheese & Crackers

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

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Lunch Menu Week 5



w/c 2 nd Feb	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Red Pepper Soup	Chef Choice	Chinese Sweetcorn
HOT MAINS	Veggie wholemeal Spaghetti Bolognese with Garlic Bread 	Sausage Casserole with Mash	Carbonara Penne Pasta Bake with Homemade Garlic Bread	Chicken Fajita	Fish Fingers with Chips & Mushy Peas
	Welsh Rarebit 	Individual Vegetable & Cheese Omelette with Salad 	Vegetable & Rice Enchiladas 	Cheese & Red Onion Quiche with Salad 	Wholemeal pizza 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	'Chocolate' Fudge Cake	German Apple Cake	Sticky Toffee Pudding	Fresh Fruit Salad	Cheese & Crackers

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

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Lunch Menu Week 6



w/c 9 th Feb	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
HOT MAINS	Tomato & Basil Pasta Ve	Homemade Scouse with Crusty Bread & Pickled Beetroot	Sausage & Homemade Mash Potato with Gravy & Peas	Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis	Homemade Battered Fish with Chips & Beans
	Cheese & Red Onion Quiche with Salad V	Cheese & Tomato Panini with Salad V	Vegetable & Lentil Stew Ve	Vegetable Biryani Ve	Sri Lankan Sweet Potato & Coconut Curry with Rice Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Apple & Oat Crumble with Pouring Cream	Homemade Rice Pudding with Strawberry Jam	Iced Sponge Cake with Custard	Fresh Fruit Salad	Cheese & Crackers

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

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