

# LUNCH

Week 1

|                 | MONDAY                                                                                                           | TUESDAY                                                                                                           | WEDNESDAY                                                                                                             | THURSDAY                                                                                                    | FRIDAY                                                                                                      |
|-----------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Morning Snack   | Waffle Fingers & Fruit Dip                                                                                       | Toasted Crumpets                                                                                                  | Teacake Fingers                                                                                                       | Cheese & Crackers                                                                                           | Pitta Sticks & Red Pepper Houmous                                                                           |
| Main Meal       | Bolognese                                                                                                        | Tomato & Mozzarella Flatbread  | Breaded Chicken                                                                                                       | Roast Turkey                                                                                                | Breaded Pollock Fingers  |
| Vegetarian      | Lentil & Vegetable Bolognese  |                                                                                                                   | Vegetable Stir-fry & Rice Noodles  | Lentil & Vegetable Loaf  | Vegetable Pakora with Mint & Cucumber Dip                                                                   |
| On the Side     | Whole Wheat pasta<br>Garlic Bread<br>Carrots & Green Beans                                                       | Potato Wedges<br>Broccoli & Sweetcorn                                                                             | Katsu Sauce<br>Sticky Rice<br>Steamed Cabbage                                                                         | Roast Potatoes<br>Root Vegetables<br>Stuffing, Yorkshire & Gravy                                            | Skin on Fries<br>Garden Peas & Sweetcorn                                                                    |
| Dessert         | Fruit Topped Yoghurt                                                                                             | Jelly Pots                                                                                                        | Raspberry Fool Pots                                                                                                   | Naturally Sweetened Chocolate Rice pudding                                                                  | Carrot Cake                                                                                                 |
| Afternoon Snack | Melon Slices                                                                                                     | Mango & Raspberry Smoothie                                                                                        | Whole Fruit                                                                                                           | Pineapple & Watermelon                                                                                      | Strawberry, Banana & Blueberry Smoothie                                                                     |
| Afternoon Tea   | Quorn Nuggets, Potato Wedges & Peas                                                                              | Napolitan Pasta                                                                                                   | Soup Of The Day<br>Homemade Bread                                                                                     | Jacket Potato, Cheese & Baked Beans                                                                         | Sausage Roll & Vegetable Sticks                                                                             |

# LUNCH

Week 2

|                        | MONDAY                                                                                                               | TUESDAY                                                                                                 | WEDNESDAY                                                                                                                  | THURSDAY                                                                       | FRIDAY                                                                                                      |
|------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Morning Snack</b>   | Waffle Fingers & Fruit Dip                                                                                           | Toasted Crumpets                                                                                        | Teacake Fingers                                                                                                            | Cheese & Crackers                                                              | Pitta Sticks & Red Pepper Houmous                                                                           |
| <b>Main Meal</b>       | Chicken Stroganoff                                                                                                   | Vegetable Meatballs  | Curry Of The Day                                                                                                           | Roast Pork                                                                     | Breaded Pollock Fingers  |
| <b>Vegetarian</b>      | Gnocchi With Beetroot & Spinach  | Root Vegetable Cottage Pie with Sweet Potato Topping                                                    | Sweet Potato Chickpea & Spinach Curry  | Cheddar, Leek & Sunblush Tomato Tart                                           | Roast Vegetable Frittata                                                                                    |
| <b>On the Side</b>     | Mashed Potatoes<br>Focaccia<br>Sweetcorn & Green Beans                                                               | Wholewheat pasta<br>Broccoli & Carrots                                                                  | Basmati Rice<br>Naan Bread<br>Steamed Green Vegetables                                                                     | Roast potatoes<br>Carrots & Cauliflower<br>Cheese<br>Yorkshire Pudding & Gravy | Skin On Fries<br>Garden Peas & Sweetcorn                                                                    |
| <b>Dessert</b>         | Fruit Topped Yoghurts                                                                                                | Date Sponge with Plant based Cream                                                                      | Pineapple & Coconut Sponge                                                                                                 | Fruit Flapjack                                                                 | Apple & Blackberry Crumble & Custard                                                                        |
| <b>Afternoon Snack</b> | Melon Slices                                                                                                         | Mango & Raspberry Smoothie                                                                              | Whole Fruit                                                                                                                | Pineapple & Watermelon                                                         | Strawberry, Banana & Blueberry Smoothie                                                                     |
| <b>Afternoon Tea</b>   | Quorn Nuggets, Potato Wedges & Peas                                                                                  | Napolitan Pasta                                                                                         | Soup Of The Day<br>Homemade Bread                                                                                          | Jacket Potato, Cheese & Baked Beans                                            | Sausage Roll & Vegetable Sticks                                                                             |

# LUNCH

Week 3

|                        | MONDAY                                                                                                 | TUESDAY                                                                                                   | WEDNESDAY                                                                                                         | THURSDAY                                                                 | FRIDAY                                                                                                      |
|------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Morning Snack</b>   | Waffle Fingers & Fruit Dip                                                                             | Toasted Crumpets                                                                                          | Teacake Fingers                                                                                                   | Cheese & Crackers                                                        | Pitta Sticks & Red Pepper Houmous                                                                           |
| <b>Main Meal</b>       | Macaroni Cheese                                                                                        | Sweet & Sour Chicken                                                                                      | Pork Meatballs with Tomato Sauce                                                                                  | Roast Chicken                                                            | Breaded Pollock Fingers  |
| <b>Vegetarian</b>      | Vegetable Lasagne  | Lentil & Bean Chilli  | Mushroom & Pepper Stroganoff  | Leek, Mushroom & Butternut Squash Pie                                    | Sweet Potato Falafel Beetroot Houmous                                                                       |
| <b>On the Side</b>     | Garlic Bread<br>Carrots & Green Beans                                                                  | Rice<br>Broccoli<br>Sweetcorn                                                                             | Mashed Potatoes<br>Carrots & Steamed Green Vegetables                                                             | Roast Potatoes<br>Root Vegetables<br>Yorkshire Pudding, Stuffing & Gravy | Skin On fries<br>Garden Peas & Sweetcorn                                                                    |
| <b>Dessert</b>         | Organic Fruit Lolly                                                                                    | Banana & Blueberry Loaf                                                                                   | Choc Chip Sponge                                                                                                  | Lemon cake                                                               | Fruit Topped Yoghurt                                                                                        |
| <b>Afternoon Snack</b> | Melon Slices                                                                                           | Mango & Raspberry Smoothie                                                                                | Whole Fruit                                                                                                       | Pineapple & Watermelon                                                   | Strawberry, Banana & Blueberry Smoothie                                                                     |
| <b>Afternoon Tea</b>   | Quorn Nuggets, Potato Wedges & Peas                                                                    | Napolitan Pasta                                                                                           | Soup Of The Day<br>Homemade Bread                                                                                 | Jacket Potato, Cheese & Baked Beans                                      | Sausage Roll & Vegetable Sticks                                                                             |