

Lunch Menu

WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

‘T 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 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 	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	Ginger Cake & Custard 	Giant Chocolate Cookie	Apple Crumble & Custard

Slow-Release Energy Foods	For a Healthy Gut	Brain Boost	Contains Calcium	Contains Iron	Contains Protein
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Lunch Menu

WEEK THREE – AUTUMN WINTER
 WEEK TWO – AUTUMN WINTER
 (V) vegetarian option
 (Ve) vegan option
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POT 'N' TASTY

WRAP OR SUB

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TODAY'S DESSERTS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Mac 'n' Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (H) 	Roast Chicken, Crispy Roasties & Gravy Roast Pork, Crispy Roasties & Gravy Grilled Chicken Sausages, Gravy & Roasties or Mash(H) 	Thai Yellow Chicken & Vegetable Curry Mixed Rice Thai Yellow Chicken & Vegetable Curry Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips Jacket Potato & Salmon Mayo
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
	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
Baked Beans Garlic Bread Green Beans Garden Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Garden Salad	Baked Beans Seasonal Mixed Vegetables Garden Salad	Baked Beans Asian Slaw, Garlic Green Beans Garden Salad	Baked Beans Peas Garden Salad
Lemon & Blueberry Slice & Custard 	Baked Chocolate Cup	Baked Vanilla Sponge & Custard 	Cornflake Cake	Giant Chocolate Cookie

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TODAY'S DESSERTS

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