





















YOUR LUNCH MENU!










WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spinach & Lentil Dahl with Rice 	Roasted Vegetable Calzone 	Roasted Vegetarian Strips with Gravy & Roast Potatoes 	Margherita Pizza 	Fish Fingers & Chips 
Mozzarella & Tomato Puff Squares with Boiled Potatoes 	Chickpea & Mixed Vegetable Spicy Rice 	Cheese & Tomato Pasta Bake 	Jacket Potato with Vegetable Chilli 	Spicy Bean Burger in a Bun with Chips 
Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad
Sweetcorn & Broccoli	Peas & Cauliflower	Carrots & Green Beans	Sweetcorn & Roasted Mediterranean Vegetables	Peas & Baked Beans
Peaches & Fruit Melba Sauce with Ice Cream	Yoghurt Bar	Oaty Apple & Berry Crumble with Custard	Orange Jelly & Fruits	Fresh Fruit Salad

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey & Ginger Vegetable Strips Stir Fry with Noodles 	Vegetarian Piri Piri Strips Wrap 	Macaroni Cheese 	Roasted Vegetable Pizza 	Battered Pollock with Chips & Homemade Tartar Sauce 
Quorn Paella 	Vegetarian Lasagne 	Butterbean & Vegetable Pattie with Roast Potatoes 	Chickpea & Mixed Vegetable Balti with Rice 	Quorn Frankfurter Hot Dog & Chips 
Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad
Carrots & Vegetable Medley	Green Beans & Cauliflower	Carrots & Green Cabbage	Sweetcorn & Broccoli	Peas & Baked Beans
Lemon Cheesecake Yoghurt	Yoghurt Bar	Pear & Mixed Berry Pie with Custard	Lemon Shortbread with Fruits	Frozen Toffee Yoghurt

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butterbean & Vegetable Tagine with Cous Cous 	Quorn Sausage with Mashed Potato & Gravy 	Roast Quorn with Roast Potatoes & Gravy 	Red Onion & Sweetcorn Pizza 	Breaded Pollock Fish & Chips 
Tuna Mayonnaise Wrap	Jacket Potato with Vegetable & Lentil Bolognaise 	Goan Vegetable Curry with Rice 	Vegetable Hot Pot 	Cheese & Broccoli Quiche with Chips 
Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad	Fresh Bread & Daily Salad
Carrots & Green Beans	Green Cabbage & Cauliflower	Carrots & Broccoli	Sweetcorn & Roasted Mediterranean Vegetables	Peas & Baked Beans
Peach Fool	Yoghurt Bar	Apple & Banana Cake with Custard	Strawberry Jelly & Ice Cream	Fresh Fruit Salad

KEY



Vegetarian



Plant Based
Vegan Friendly



MSC Fish