

# Lunch Menu Week 1



w/c 5 <sup>th</sup> Jan	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Leek & potato	Red Pepper Soup	Tomato & Basil	Chef Choice
<b>HOT MAINS</b>	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
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	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
<b>SOUP</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
<b>HOT MAINS</b>	Tomato & Basil wholemeal Pasta <span style="color: green;">Ve</span>	Halal chicken or 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 <span style="color: green;">Ve</span>	Cheese & Onion Plate pie with Carrots & Peas <span style="color: green;">V</span>	Roasted Red Pepper Quiche with Salad <span style="color: green;">V</span>	Chef Choice	Veggie Burger in a Bun with Chips <span style="color: green;">V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad	Barabrith	Pineapple & Coconut Sponge	Chef Choice	Cheese & Crackers

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# Lunch Menu Week 3



w/c 19th Jan	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
<b>HOT MAINS</b>	Wholemeal Pizza & Wedges with Beans <span style="color: green;">V</span>	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 <span style="color: green;">Ve</span>	Broccoli & Cream Cheese Pasta Bake <span style="color: green;">V</span>	Macaroni Cheese <span style="color: green;">V</span>	Spanish Omelette with Salad <span style="color: green;">V</span>	Veggie Sausage Roll with Chips & Garden Peas <span style="color: green;">Ve</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about today's special!</b>				
<b>DESSERT</b>	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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# Lunch Menu Week 4



w/c 26th Jan		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
<b>HOT MAINS</b>	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread <span>Ve</span>	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 <span>V</span>	Roasted Red Pepper Quiche with Salad <span>V</span>	Vegetable Egg Fried Rice <span>V</span>	Vegetable & Lentil Stew <span>Ve</span>	Veggie Sausage Rolls with Chips & Garden Peas <span>Ve</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad	Shortbread Biscuits	Sponge Cake topped with Jam & Whipped Cream	Apple Flapjacks	Cheese & Crackers

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# Lunch Menu Week 5



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



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# Lunch Menu Week 6



w/c 9 <sup>th</sup> Feb	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
<b>HOT MAINS</b>	Tomato & Basil Pasta <span style="float: right;">Ve</span>	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 <span style="float: right;">V</span>	Cheese & Tomato Panini with Salad <span style="float: right;">V</span>	Vegetable & Lentil Stew <span style="float: right;">Ve</span>	Vegetable Biryani <span style="float: right;">Ve</span>	Sri Lankan Sweet potato & Coconut Curry with Rice <span style="float: right;">Ve</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Apple & Oat Crumble with Pouring Cream	Homemade Rice Pudding with Strawberry Jam	Iced Sponge Cake with Custard	Fresh Fruit Salad	Cheese & Crackers

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