

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 <small>V</small>	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 <small>V</small>	Asian Noodles <small>V</small>	Macaroni Cheese <small>V</small>	Vegetarian Sausage Toasties <small>V</small>	Veggie Fingers with Chips & Mushy Peas <small>V</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard	Ginger Biscuits	Fresh Fruit Salad <small>Ve</small>	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	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
HOT MAINS	Tomato & Basil wholemeal Pasta <small>Ve</small>	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 <small>Ve</small>	Cheese & Onion Plate Pie with Carrots & Peas <small>V</small>	Roasted Red Pepper Quiche with Salad <small>V</small>	Chef Choice	Veggie Burger in a Bun with Chips <small>V</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad <small>Ve</small>	Barabriith	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
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	wholemeal Pizza & wedges with Beans <small>V</small>	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 <small>Ve</small>	Broccoli & Cream Cheese Pasta Bake <small>V</small>	Macaroni Cheese <small>V</small>	Spanish Omelette with Salad <small>V</small>	Veggie Sausage Roll with Chips & Garden Peas <small>Ve</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad <small>Ve</small>	Apple Flapjacks	Iced Sponge Cake with Custard	Oat Cookies	Cheese & Crackers

PROUDLY

**MEAT
Monday
FREE**
SUPPORTING

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Lunch Menu Week 4



w/c 26th Jan	Planet Friendly MONDAY	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 Ve	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 V	Roasted Red Pepper Quiche with Salad V	Vegetable Egg Fried Rice V	Vegetable & Lentil Stew Ve	Veggie Sausage Rolls with Chips & Garden Peas Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad Ve	Shortbread Biscuits	Sponge Cake topped with Jam & Whipped Cream	Apple Flapjacks	Cheese & Crackers

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V Vegetarian
Ve Vegan
 Oily fish

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 V	Turkey Sausage Casserole with Mash	Cream Cheese & Broccoli Pasta with Homemade Garlic Bread	Chicken Fajita	Fish Fingers with Chips & Mushy Peas
	Welsh Rarebit V	Individual Vegetable & Cheese Omelette with Salad V	Vegetable & Rice Enchiladas V	Cheese & Red Onion Quiche with Salad V	Wholemeal Pizza V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	'Chocolate' Fudge Cake	German Apple Cake	Sticky Toffee Pudding	Fresh Fruit Salad Ve	Cheese & Crackers

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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 <small>(Ve)</small>	Homemade Scouse with Crusty Bread & Pickled Beetroot	Turkey 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 <small>(V)</small>	Cheese & Tomato Panini with Salad <small>(V)</small>	Vegetable & Lentil Stew <small>(Ve)</small>	Vegetable Biryani <small>(Ve)</small>	Sri Lankan Sweet Potato & Coconut Curry with Rice <small>(Ve)</small>
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 <small>(Ve)</small>	Cheese & Crackers

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