

# Lunch Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main (Option 1)	Sweet Chilli Noodles (V) <i>(Wheat, Egg)</i>	Creamy Chicken Pie <i>(Wheat, Egg)</i>	Barbacoa Beef Wrap <i>(Wheat)</i>	Chicken Sausage and Mash with Gravy <i>(Celery, Sulphites, Milk)</i>	Fish and Chips <i>(Fish, Wheat)</i>
Main (Option 2)	Jacket Potato with homemade baked beans and cheese <i>(Wheat, Soy, Sulphites, Milk)</i>	Spinach and Feta Pie (V) <i>(Wheat, Milk, Egg)</i>	Mexican Bean and Corn Wrap (V) <i>(Wheat)</i>	Veggie Sausage and Mash with Gravy (V) <i>(Wheat, Celery, Milk)</i>	Breaded Halloumi <i>(Wheat, Milk, Egg)</i>
Sides	Garlic Bread with Pumpkin Seeds <i>(Wheat)</i>	Roasted New Potatoes	Lime Rice	Italian Herb Baguette <i>(Wheat)</i>	Yoghurt Raita <i>(Milk)</i> Homemade Tartare Sauce <i>(Egg)</i>
Vegetables	Mediterranean Vegetable Medley	Blistered Green Beans	Rainbow Coleslaw <i>(Egg)</i>	Cabbage, Peas and Sweetcorn	Minted Peas
Salads and Desserts	<p>Seasonal Salads, Fresh Fruit and a Pot of Fruit Flavoured Yoghurt Prepared and Available Daily</p> <p>Tuesday - Dried Apricot and Coconut Flapjack <i>(Milk, Oats)</i></p> <p>Thursday - Coco and Banana Loaf Cake <i>(Flour, Egg)</i></p>				



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# Lunch Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main (Option 1)	Jacket Potato with homemade baked beans and cheese <i>(Wheat, Soy, Sulphites, Milk)</i>	Chicken Biryani <i>(Milk)</i>	Chef Special Mixed Vegetable Calzone <i>(Wheat, Milk, Please Ask)</i>	Beef Cottage Pie <i>(Milk)</i>	Roast Chicken Dinner
Main (Option 2)	Tomato Pasta Bake (V) <i>(Wheat, Milk)</i>	Chickpea Curry (V) <i>(Sulphites)</i>	Margherita Calzone (V) <i>(Wheat, Milk)</i>	Vegetarian Cottage Pie (V) <i>(Milk)</i>	Roast Quorn Fillet <i>(Wheat)</i>
Sides	Garlic and Rosemary Focaccia <i>(Wheat)</i>	Coriander Rice	Garlic Dip <i>(Milk, Egg)</i> Fresh Salads	Italian Herb Baguette <i>(Wheat)</i>	Crispy Roast Potatoes
Vegetables	Roasted Peppers	Cucumber Raita <i>(Milk)</i> Seasonal Chutney <i>(Sulphites)</i>	Roasted Broccoli	Minted Peas	Paprika spiced seasonal vegetables

**Salads and Desserts**

Seasonal Salads, Fresh Fruit and a Pot of Fruit Flavoured Yoghurt Prepared and Available Daily

Tuesday - Marble Cake *(Wheat, Milk)*

Thursday - Carrot Cake *(Wheat, Milk)*

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**CHEFS IN SCHOOLS** 

