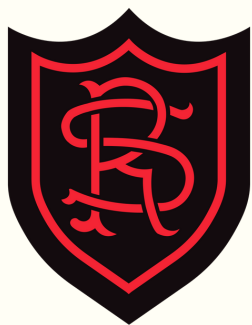


JUNIOR AND SENIOR LUNCH MENU



WEEK 3

ALL ALLERGIES CATERED FOR

GRAB & GO AND LIGHTER OPTION AVAILABLE DAILY



MONDAY

MAIN MEAL

Mixed Grill (bacon, Cumberland sausage, black pudding, egg, hash brown)
Roasted Vegetables & Halloumi Wraps (V)
Vegan Cumberland sausages

CARBOHYDRATES & VEGETABLES

White & Brown Rice
Corn on the Cob

DESSERT (HOT)

Honey Cake with custard

DESSERT (COLD)

Mixed Berry Eton Mess
Yogurts
Fruity Jelly
Fresh Fruit



TUESDAY

MAIN MEAL

Wholemeal Pizza with a choice of toppings Pepperoni, ham & pineapple & mozzarella cheese

Wholemeal Pizza with peppers & sweetcorn & red onions (V)

Vegan Pitta Bread Pizza with vegan cheese

CARBOHYDRATES & VEGETABLES

Seasoned Wedges
Wholewheat Spaghetti hoops sweetcorn baked beans

DESSERT (HOT)

Lemon Drizzle cake with custard

DESSERT (COLD)

Fresh Raspberry Trifle
Yogurts
Angel Delight
Fresh Fruit

WEDNESDAY

MAIN MEAL

Homemade Turkey & hidden veg meatballs in a homemade tomato sauce served with conchiglie pasta & garlic bread
Spinach & Ricotta Tortellini with garlic bread (V)

Conchiglie Pasta with vegan meatballs & Tomato sauce & Vegan Garlic Bread

CARBOHYDRATES & VEGETABLES

Pasta
Baby Corn & Sugar snap Peas

DESSERT (HOT)

Red Velvet Cake

DESSERT (COLD)

Cinnamon Welsh cakes
Yogurts
Fruit Jelly
Fresh Fruit

THURSDAY

MAIN MEAL

Roast Leg of Lamb with mint sauce or Roast Chicken Breast with Yorkshire pudding
Curried Cauliflower & chickpea & onion Bhaji pasty (V)

Roast Quorn Fillet with Sage & Onion Stuffing & Vegetarian Gravy

CARBOHYDRATES & VEGETABLES

Roast & Mashed Potatoes
Seasonal Fresh Vegetables & Swede Mash

DESSERT (HOT)

Blueberry & lime Loaf with custard

DESSERT (COLD)

Rocky Road
Yogurts
Angel Delight
Fresh Fruit

FRIDAY

MAIN MEAL

Crispy Haddock in Batter with Tartare Sauce & Lemon or Chicken Tikka Massala Curry with naan bread

Cheese & Butternut Squash Pie
Sweet Potato & Spinach Dhal with Coriander & Spring Onions

CARBOHYDRATES & VEGETABLES

Half & Half Rice & Chips
Mixed Vegetables Baked Beans

DESSERT (HOT)

Yum Yums with sauces & Cream & fresh fruit

DESSERT (COLD)

Blueberry & white chocolate Muffins
Yogurts
Fruit Jelly
Fresh Fruit