

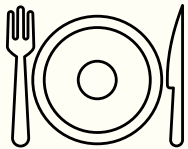
JUNIOR AND SENIOR LUNCH MENU



WEEK 3

ALL ALLERGIES CATERED FOR

GRAB & GO AND LIGHTER OPTION AVAILABLE DAILY



MONDAY

MAIN MEAL

Taco Bar with a choice of Chilli Beef, Pulled Pork, BBQ Shredded Chicken
Nachos with Peppers Cheese Guacamole & Salsa (v)
Tacos with Vegan Chilli

CARBOHYDRATES & VEGETABLES

Half & Half Rice & Curly Fries
Corn on the Cob

DESSERT (HOT)

Churros with sauces & Cream & fresh fruit

DESSERT (COLD)

Profiteroles
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
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

Pasta with Sundried Tomato & Chicken Breast & Garlic Bread
Spinach & Ricotta Tortelloni with garlic bread
Pasta & Roasted Vegetable Pasta Bake with vegan cheese & Vegan garlic bread

CARBOHYDRATES & VEGETABLES

Pasta
Baby Corn & Sugarsnap Peas

DESSERT (HOT)

Marble Sponge Cake & Custard

DESSERT (COLD)

Cinnamon Welsh cakes
Yogurts
Fruit Jelly
Fresh Fruit

THURSDAY

MAIN MEAL

Roast Topside Of Beef with horseradish sauce or Roast Chicken Breast with Yorkshire pudding
Curried Cauliflower & chickpea & onion Bhaji pasty
Roast Quorn Fillet with Sage & Onion Stuffing & Vegetarian

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

Cod in Batter with Tartare Sauce or Salmon Fillet with Lemon
Cheese sweet potato & Butternut Squash Pie
Vegetable Burger in Bun

CARBOHYDRATES & VEGETABLES

Potato Fries
Peas Baked Beans

DESSERT (HOT)

Lemon & Parsnip Cake

DESSERT (COLD)

Blueberry & white chocolate Muffins
Yogurts
Fruit Jelly
Fresh Fruit