

WEEK 1 LUNCH MENU



MONDAY

Favourites

Mexican chicken open wraps with spiced rice

Juniors

Mexican chicken wrap with steamed rice

Green Zone

Mexican bean and spinach empanadas

Jacket potato

Jackets
Baked Beans
Grated cheese
Tuna mayonnaise

On the Side...

Spiced rice
Green beans
Chilli beans

Dessert

Fruit and multi seeded flapjack

Whole fruit

Yoghurt pots

TUESDAY

Favourites

Beef rendang
Sticky rice
Peswari Naan

Juniors

Grilled tandoori chicken thighs
Steamed rice
Peswari naan

Green Zone

Aubergine, spinach and lentil Dhal

Pasta bar

Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Sticky rice
Cauliflower (aloo Gobi)
Indian spiced carrots

Dessert

Victoria sponge cup cakes

whole fruit

yoghurt pots

WEDNESDAY

Favourites

Pork and apple burgers
Poppy seeded buns
Sage and apple slaw
Garlic aioli
Rocket salad

Juniors

Chef made pork burgers

Green Zone

Mac and cheese burgers

Pasta bar

Penne pasta
Cheese sauce
Tomato sauce
Tuna mayonnaise

On the Side...

Sweet potato wedges
Corn kernels
Tossed mixed salad

Dessert

Lemon and raspberry mousse

Whole fruit

Yoghurt pots

THURSDAY

Favourites

Classic beef lasagne

Juniors

Beef bolognaise
Penne pasta
Parmesan

Green Zone

Gnocchi with asparagus, soya bean, spinach and parmesan

Jacket bar

Jacket potatoes
Baked beans
Grated cheese
Tuna mayonnaise

On the Side...

Garlic and herb dough balls
Broccoli florets
Pistou Corn cobbis

Dessert

Sultana and oat cookies

Whole fruit

Yoghurt pots

FRIDAY

Favourites

Chef battered Hake fillets
Lemon wedges
Tartare sauce

Juniors

Panko breaded fish fingers

Green Zone (Vegan)

Courgette and asparagus frittata

Jacket bar

Jacket potatoes
Baked beans
Grated cheese
Tuna mayonnaise

On the Side...

Chipped potatoes
Garden peas
Baked beans

Dessert

Cinnamon Buns

Whole fruit

Yoghurt pots

WEEK 2 LUNCH MENU



MONDAY

Favourites

Glazed pork with
ginger and garlic
Prawn crackers
Bao buns

Juniors

Pork stir fry

Green Zone

Crispy Vegan spring rolls
Sweet chilli sauce

Pasta bar

Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Chow mein
Stir fried cabbage
Big bang cauliflower

Dessert

Cherry rocky road

Whole fruit

Yoghurt pots fruit

TUESDAY

Favourites

Moroccan braised
Lamb
Crispy chick peas
Harissa yoghurt

Juniors

Lamb koftas

Green Zone

Carrot cakes with
Harissa yoghurt
Spiced hummus

Jacket bar

Jacket potatoes
Baked beans
Grated cheese
Tuna mayonnaise

On the Side...

Roasted vegetable
cous cous
Roasted butternut
Squash
Green beans

Dessert

Lemon meringue
Muffins

Whole fruit

Yoghurt pots

WEDNESDAY

Favourites

Ham , eggs and
chipped potatoes
Country bloomer

Juniors

Ham, egg and chipped
potatoes

Green Zone

Mac and cheese
Pasta bar
Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Garden peas
Baked beans

Dessert

Spiced carrot cake with
vanilla frosting

Whole fruit

Yoghurt pots

THURSDAY

Favourites

BBQ Chilli chicken
Pepperonata
Corn bread

Juniors

BBQ Chicken
Corn bread

Green Zone

Crispy corn kebabs
With tomato and
cucumber salsa

Jacket bar

Jacket potatoes
Baked beans
Grated cheese
Tuna mayonnaise

On the Side...

Cheddar and oregano
mash
Corn kernels
Roasted carrots

Dessert

Sticky toffee and date
krispy cakes

Whole fruit

Yoghurt pots

FRIDAY

Favourites

Crispy squid
Thai sweet chilli sauce
Thai crisp salad
Tomato and chilli bread

Juniors

Panko breaded fish
fingers

Green Zone (Vegan)

Thai aubergine and
spinach Massaman
curry
Pasta bar
Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Coriander rice
Chilli and lime broccoli
Spinach

Dessert

Cranberry and
Multi seed Cookies

Whole fruit

Yoghurt pots

WEEK 3

LUNCH MENU



MONDAY

Favourites

Seafood Paella
Crispy Chorizo
Charred Lemons
Petit Pains

Juniors

Seafood Paella
Pettit pains

Green Zone (Vegan)

Soya bean and red pepper Croquettes
Pasta bar
Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Garden peas
Pepperonata

Dessert

Chocolate fudge brownie

Whole fruit

Yoghurt pots

TUESDAY

Favourites

Chicken Tikka Masala
Poppadum's
Mango chutney
Onion salad

Juniors

Chicken tikka thighs
Rice

Green Zone (Vegan)

Aloo Samosa
Jacket bar
Jacket potatoes
Baked beans
Grated cheese
Tuna mayonnaise

On the Side...

Coriander Rice
Spinach
Spiced Cauliflower

Dessert

Banana fritters
Toffee sauce
Vanilla ice cream

Whole fruit

Yoghurt pots

WEDNESDAY

Favourites

Smokey pork and bean taco with lime and chilli bulgur wheat

Juniors

Pulled pork taco (soft shell taco)

Green Zone

Courgette and chickpea taco bowls
Pasta bar
Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Lime and chilli bulgur wheat
Refried beans
Green beans

Dessert

Raspberry and popcorn muffins

Whole fruit

Yoghurts pots

THURSDAY

Favourites

Panko Breaded
Parmesan chicken with Basil Pistou and tomato sauce

Juniors

Breaded chicken
Focaccia

Green Zone

Roasted vegetable and mozzarella calzone
Jacket bar
Jacket potatoes
Baked beans
Grated cheese
Tuna mayonnaise

On the Side...

Garlic roasted potatoes
Green beans
Parsnips

Dessert

White chocolate and apricot cookies

Whole fruit

Yoghurt pots

FRIDAY

Favourites

Chefs battered hake
Lemon wedges
Tartare sauce
Butty roll

Juniors

Chef battered fish fingers
Butty roll

Green Zone (Vegan)

Pea, mint and Ricotta pearl barley Risotto
Pasta bar
Penne pasta
Cheese sauce
Tomato sauce
Basil pistou, Parmesan

On the Side...

Chipped potatoes
Baked beans
Garden peas

Dessert

Strawberry cheese Cake

Whole fruit

Yoghurt pots