



Lunch Menu

Spring / Summer 2022 - Main

Week 1	Main Course	Second Course
Monday	Spanish Meatballs (G) (T), cous cous (G)	Strawberry Yoghurt (D), sweet potato dinosaur biscuit (G)
Tuesday	Chicken & sweetcorn Ramen (wholemeal) (G), boiled egg half (E) and prawnless crackers	Oaty choc chip cookie (G) (E), Orange smiles
Wednesday	Plant-Based Hotdog (T), Finger roll (G), Corn on the cob, homemade tomato Ketchup (T) (SD)	Peach granola fool (D)
Thursday	Roast Turkey in Gravy (S), mixed vegetable and potato medley	Carrot & Pineapple cupcake (G) (E)
Friday	Tuna & Mackerel Pasta (F) (T) (G) with grated cheese (D)	Fruit selection / Fruit Salad
Week 2	Main Course	Second Course
Monday	Carrot & Lentil Soup, Salmon & Tuna Mayo (F) (E), Sliced Wholemeal bread (G)	Mango & Apple ice lolly
Tuesday	Beef Ragù (T), wholemeal penne (G)	Raspberry & apple crumble (G), custard (D)
Wednesday	Chicken Ham and Pea Risotto	Rainbow Melon Wedges
Thursday	Pork link Sausage in gravy (G) (SD) (S), carrot, parsnip & potato mash	Fruit Selection / Fruit Salad
Friday	Italian farmhouse chicken (T), Pasta Bows (G)	Strawberry & banana yoghurt (D), oaty choc chip cookie (G) (E)
Week 3	Main Course	Second Course
Monday	Mac Monday! Butternut Squash Mac & Cheese (D) with Garden Peas & mini bread roll (G)	Banana custard (D)
Tuesday	Baked Potato, grated cheese (D), couscous (G), chickpea, cucumber, tomato & spinach salad	Flapjack (SD) & peach slices
Wednesday	Shepherds mince, peas & carrots with sweet potato mash	Raspberry & apple ice lolly
Thursday	Chicken, Mango & Lentil curry, White Rice	Grazing plate: Cheese strips (D), Strawberry, Pineapple sticks
Friday	Summer Minestrone (T)(G), Chilled 1/2 Wholemeal Pizza square (D) (G) (T)	Mango yoghurt (D), sweet potato dinosaur biscuit (G)

G=Contains Gluten, D=Contains Dairy Products (Milk), E=Contains Egg, F=Contains Fish, C=Contains Celery, Cr=Contains Crustacea, T=Contains Tomato, RT=Raw tomato, SD=Contains Sulphur Dioxide, S=Contains Soya, MU = Contains Mustard



Lunch Menu

Spring / Summer 2022 - Vegetarian

Week 1	Main Course	Second Course
Monday	Spanish Meatless Meatballs (T), cous cous (G)	Strawberry Yoghurt (D), sweet potato dinosaur biscuit (G)
Tuesday	Tofu & sweetcorn Ramen (wholemeal) (S) (G), boiled egg half (E) and prawnless crackers	Oaty choc chip cookie (G) (E), Orange smiles
Wednesday	Plant-Based Hotdog (T), Finger roll (G), Corn on the cob, homemade tomato Ketchup (T) (SD)	Peach granola fool (D)
Thursday	Roast Seitan Slice in Gravy (G) (S), mixed vegetable and potato medley	Carrot & Pineapple cupcake (G) (E)
Friday	Chunky veggie & lentil tomato sugo pasta (T) (G) with grated cheese (D)	Fruit selection / Fruit Salad

Week 2	Main Course	Second Course
Monday	Carrot & Lentil Soup, Egg Mayo (E), Sliced Wholemeal bread (G)	Mango & Apple ice lolly
Tuesday	Meatless Farm Ragu (T), wholemeal penne (G)	Raspberry & apple crumble (G), custard (D)
Wednesday	Courgette, cannellini bean and Pea Risotto	Rainbow Melon Wedges
Thursday	Meatless Farm Sausage in gravy (S), carrot, parsnip & potato mash	Fruit Selection / Fruit Salad
Friday	Italian farmhouse brown lentils & veg (T), Pasta Bows (G)	Strawberry & banana yoghurt (D), oaty choc chip cookie (G) (E)

Week 3	Main Course	Second Course
Monday	Mac Monday! Butternut Squash Mac & Cheese (D) with Garden Peas & mini bread roll (G)	Banana custard (D)
Tuesday	Baked Potato, grated cheese (D), couscous, chickpea, cucumber, tomato & spinach salad	Flapjack (SD) & peach slices
Wednesday	Meatless Farm mince, peas & carrots with sweet potato mash	Raspberry & apple ice lolly
Thursday	Chickpea, Mango & Lentil curry, White Rice	Grazing plate: Cheese strips (D), Strawberry, Pineapple sticks
Friday	Summer Minestrone (T) (G), Chilled 1/2 Wholemeal Pizza square (D) (G) (T)	Mango yoghurt (D), sweet potato dinosaur biscuit (G)