

Lunch Menu Week 1



w/c 23rd Feb	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach	Chef Choice
HOT MAINS	Tomato & Basil Pasta <small>Ve</small>	wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Fajitas	Ham Roast Dinner with Cauliflower Cheese & Roast New Potatoes	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Spanish Omelette with Salad <small>V</small>	Vegetarian Sausage Toasties <small>V</small>	Cheese & Red Onion Quiche <small>V</small>	Vegetarian Chilli with Rice <small>V</small>	Veggie Fingers with Chips & Mushy Peas <small>V</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad <small>Ve</small>	Fresh Fruit Trifle	Sticky Toffee Pudding	Bakewell Cherry Slice	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements.
All menus are checked by a nutritionist and adhere to School Food Standards.

 Vegetarian
 Vegan
 Oily fish

Lunch Menu Week 2



w/c 2 nd Mar	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Red Pepper Soup	Tomato & Basil	Broccoli & Cheddar	Leek & Potato
HOT MAINS	wholemeal Pizza with Wedges & Beans V	Beef Chilli Tacos with Tortilla Chips	All Day Breakfast	Homemade Scouse with Crusty Bread & Beetroot	Fish Fingers with Chips & Garden Peas
	Vegetarian Chilli with Rice V	Asian Noodles V	Roasted Red Pepper Quiche with Salad V	Quorn Stovies V	Welsh Rarebit V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard	Ginger Biscuits Ve	Fresh Fruit Salad Ve	Fresh Fruit Trifle	Barabrith

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 3



w/c 9th Mar	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Pepper	Chinese Sweetcorn
HOT MAINS	Quorn Mince Cottage Pie with Seasonal Veg <small>V</small>	Jewel's Chicken Karahi with Wholegrain Rice & Green Beans	Chef Daniel's Beef & Bean Quesadillas	Beef Stifado with Wholegrain Rice	Fish Fingers or Tandoori Salmon <small>fish</small> with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake <small>V</small>	Spanish Omelette with Salad <small>V</small>	Vegetable & Lentil Stew <small>V</small>	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread <small>Ve</small>	Veggie Sausage Roll with Chips & Garden Peas <small>Ve</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad <small>Ve</small>	Apple Flapjacks	Sponge Cake Topped with Jam & Whipped Cream	Shortbread Biscuits <small>Ve</small>	Cheese & Crackers

PROUDLY

**MEAT
Monday
FREE**
SUPPORTING

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V Vegetarian
Ve Vegan
fish Oily fish

Lunch Menu Week 4



w/c 16 th Mar	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Roasted Vegetable	Lentil	Red Pepper	Chinese Sweetcorn
HOT MAINS	wholemeal Pizza, Wedges & Beans <small>V</small>	Chicken Pie with New Potatoes & Baby Carrots	Meatball Sub with Tortilla Chips & Salad	Chef Bonnie's Sunshine Pasta	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
	Cherry Tomato & Cheese Quiche with Salad <small>V</small>	Veggie Toad in the Hole <small>V</small>	Vegetable Paella <small>Ve</small>	Vegetable & Rice Enchiladas <small>Ve</small>	Veggie Fingers with Chips & Garden Peas <small>V</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	German Apple Cake	Ginger Biscuits <small>Ve</small>	Pineapple & Coconut Sponge	Scones & Whipped Cream	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 5



w/c 23rd Mar	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Brocolli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Tomato & Basil Pasta <small>Ve</small>	Homemade Chicken Korma with wholegrain Rice, Green Beans & Chutney	Rich Sausage & Lentil Ragu with Mash	Spaghetti Bolognese	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos with Salad <small>V</small>	Vegetable & Lentil Stew <small>Ve</small>	Veggie Fingers <small>Ve</small>	Spanish Omelette with Salad <small>V</small>	Veggie Sausage Roll with Chips & Garden Peas <small>Ve</small>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad <small>Ve</small>	Apple Flapjacks	Iced Sponge Cake	'Chocolate' Fudge Cake	Cheese & Crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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