


# Lunch Menu Week 1



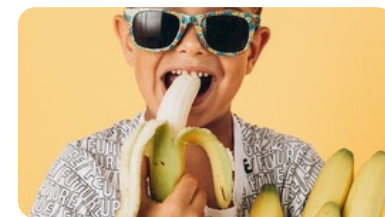
w/c 23rd Feb		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach	Chef Choice
HOT MAINS	Tomato & Basil Pasta <small>Ve</small>	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Fajitas	Ham Roast Dinner with Cauliflower Cheese & Roast New Potatoes	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.

V Vegetarian  
Ve Vegan  
 Oily fish

# Lunch Menu Week 2



w/c 2 <sup>nd</sup> 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 <span>V</span>	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 <span>V</span>	Asian Noodles <span>V</span>	Roasted Red Pepper Quiche with Salad <span>V</span>	Quorn Stovies <span>V</span>	Welsh Rarebit <span>V</span>
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Sponge Cake & Custard	Ginger Biscuits <span>Ve</span>	Fresh Fruit Salad <span>Ve</span>	Fresh Fruit Trifle	Barabrith



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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 <span>V</span>	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  with Chips & Garden Peas
	Broccoli & Cream Cheese Pasta Bake <span>V</span>	Spanish Omelette with Salad <span>V</span>	Vegetable & Lentil Stew <span>Ve</span>	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread <span>Ve</span>	Veggie Sausage Roll with Chips & Garden Peas <span>Ve</span>
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad <span>Ve</span>	Apple Flapjacks	Sponge Cake Topped with Jam & Whipped Cream	Shortbread Biscuits <span>Ve</span>	Cheese & Crackers










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# Lunch Menu Week 4



w/c 16 <sup>th</sup> Mar	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Roasted Vegetable	Lentil	Red Pepper	Chinese Sweetcorn
HOT MAINS	Wholemeal Pizza, Wedges & Beans 	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 	Veggie Toad in the Hole 	Vegetable Paella 	Vegetable & Rice Enchiladas 	Veggie Fingers with Chips & Garden Peas 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	German Apple Cake	Ginger Biscuits 	Pineapple & Coconut Sponge	Scones & Whipped Cream	Cheese & Crackers


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# Lunch Menu Week 5



w/c 23rd Mar		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
HOT MAINS	Tomato & Basil Pasta <span>Ve</span>	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 <span>V</span>	Vegetable & Lentil Stew <span>Ve</span>	Veggie Fingers <span>V</span>	Spanish Omelette with Salad <span>V</span>	Veggie Sausage Roll with Chips & Garden Peas <span>Ve</span>
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fresh Fruit Salad <span>Ve</span>	Apple Flapjacks	Iced Sponge Cake	'Chocolate' Fudge Cake	Cheese & Crackers

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