

WEEK ONE

W/C

3rd November

24th November

15th December

19th January

9th February

9th March

Option one

Option two

Vegetables

Dessert

MONDAY

Planet Friendly Day

Homemade Beetroot
and Lentil Burger in a
Bun (VE) with Potato
Wedges (VE)
Autumn Harvest
Lasagne (V)

Broccoli (VE)
Carrots (VE)

Apple and Raisins
Flapjack (VE)

TUESDAY

Planet Friendly Balls in
Tomato Sauce with
Rice (VE)

New Chicken Biryani
with Turmeric Bread

Green Beans (VE)
Cauliflower (VE)

NEW Apple Crumb
Cake with Custard
(V)

WEDNESDAY

Lentil Wellington with
Roast Potatoes and
Gravy (VE)

Roast Chicken with
Stuffing, Roasted
Potatoes and
Gravy

Peas (VE)
Red Cabbage (VE)

Yoghurt (V) with
Pumpkin Seeds and
Fresh Fruit

THURSDAY

Saucy Tomato and Bean
Pasta Bake (VE)

Hearty Beef and Lentil
Bolognese with
Spaghetti

Butternut Squash (VE)
Roasted Peppers (VE)
Strawberry Jelly with
Mandarins (VE)

FRIDAY

Red Pepper Frittata
with Chips & Tomato
Sauce (V)

Fishfingers with Chips &
Tomato Sauce

Peas (VE)
Baked Beans (VE)
Yoghurt (V) with Sunflower
Seeds and Fresh Fruit

WEEK TWO

W/C

10th November

1st December

5th January

26th January

23rd February

16th March

Option one

Option two

Vegetables

Dessert

NEW Chefs Special Lentil
Curry with Rice and
Homemade Flatbread
(VE)

Hearty Spaghetti
Bolognese (VE)

Green Beans (VE)
Cauliflower (VE)

Peach Upside Down
Cake (V)

Classic Cheese and
Tomato Pizza
with Wedges (V)

Chicken and Sweetcorn
Meatballs in Tomato
Sauce with Rice

Carrots (VE)
Sweetcorn (VE)

Chocolate Shortbread (V)

BBQ Quorn with
Seasoned Potatoes and
Sweetcorn Salsa (VE)

BBQ Chicken with
Seasoned Potatoes and
Sweetcorn Salsa

Broccoli (VE)
Peas (VE)

Sticky Toffee Apple Crumble
with Custard

Creamy Chickpea
and Coconut Curry
with Rice (VE) Mash
and Gravy (VE)

Beef Lasagne with
Garlic Bread

Peas (VE)
Carrots (VE)

Yoghurt (V) with
Sunflower Seeds Fresh
Fruits

Lentil and Basil Whirl
(VE) with Wedges (VE)

Fishfingers with Chips &
Tomato Sauce

Peas (VE)
Baked Beans (VE)

Yoghurt (V) with Pumpkin
Seeds and Fresh Fruit

WEEK THREE

W/C

17th November

8th December

12th January

2nd February

2nd March

23rd March

Option one

Option two

Vegetables

Dessert

Mild Mexican Chilli with
Rice (VE)

Macaroni
Cheese and Tomato and
Herb Bread (V)

Baked Beans (VE)
Peas (VE)

Chocolate and Apple
Sponge and Chocolate
Sauce

Cheese and Bean
Pasty with Wedges (V)

NEW Chicken 50%
Enchilada Bake with
Paprika Wedges
Sweetcorn (VE)
Broccoli (VE)

Pear Crumble
with Custard (V)

Sausage and Roast
Potatoes and Gravy
(VE)

Mild Caribbean
Chicken with Golden
Rice
Green Beans (VE)
Cauliflower (VE)

Wholemeal Orange
Cinnamon Shortbread

Caribbean Stew with Golden
Rice (VE)

Minced Beef
Cottage Pie

Carrots (VE)
Peppers (VE)

Yoghurt (V) and Fresh Fruits

Tomato and Butterbean
Pasta (VE)

Cod Fishfingers / Pollock
Fishfingers with Chips

Coleslaw (VE)
Peas (VE)

Yoghurt (V) and Fresh Fruits

MENU KEY

 Added Plant Protein

 Planet Friendly
Option

 Local Red Tractor Meat

Vegan (VE)

(V) Vegetarian

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily
(VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

