

Lunch Menu

WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

POT 'N' TASTY

WRAP OR SUB

SIDES

TODAY'S DESSERTS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V) 	Chilli Con Carne & Fiesta Rice   Lamb Chilli Con Carne & Fiesta Rice (H)  	Roast Gammon with Gravy & Roasties  Roast Chicken, Roasties & Gravy  Grilled Chicken Sausages, Gravy & Roasties or Mash (H) 	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice   Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice (H)  	Sustainably Sourced Battered Fish & Chips or Grilled Sausage & Chips 
Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve)  	Chilli Sin Carne & Fiesta Rice (Ve)   	Roast Quorn, Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice   	Cheese & Tomato Pizza & Wedges/Chips  
Vegan Sausage Roll (Ve) 	Cheesy Meatball Arrabbiata Toasted Baguette 	Brunch Pot 	Crispy Pork or Beef Soft Taco  	Pepperoni Pizza & Wedges/Chips  
Tomato & Basil Pasta 	Sweet Chilli Chicken Pasta 	Chicken Tikka & Steamed Rice 	Sweet & Sour Chicken Noodles  	Pasta Arrabbiata 
	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 
Baked Beans    Broccoli  Mixed Salad	Baked Beans    Fajita Roasted Sweetcorn & Peppers  Mixed Salad	Baked Beans    Mixed Vegetables  Mixed Salad	Baked Beans    Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans    Peas  Mixed Salad
Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard 	Giant Chocolate Cookie	Apple Crumble & Custard 

Lunch Menu

WEEK TWO – AUTUMN WINTER

(V) vegetarian option
(Ve) vegan option



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Cheese & Tomato Mac 'n' Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (H) 	Roast Chicken, Crispy Roasties & Gravy Roast Pork, Crispy Roasties & Gravy Grilled Chicken Sausages, Gravy & Roasties or Mash(H) 	Thai Yellow Chicken & Vegetable Curry Mixed Rice Thai Yellow Chicken & Vegetable Curry Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips Jacket Potato & Salmon Mayo
MEAT FREE	Buffalo Burrito (Ve) 	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V)
GRAB & GO	Dirty Quorn & Cheesy Bean Burger (V) 	Fish Finger Bap & Mayo or Ketchup 	BBQ Chicken Snack Wrap 	Veggie Breakfast Frittata (V) 	Pepperoni Pizza & Wedges/Chips
POT 'N' TASTY	Vegetable Tikka & Mixed Rice 	Beef Bolognese Pasta Pot 	Chicken Jalfrezi & Steamed Rice 	Veggie Pasta Pot 	Tomato & Basil Pasta
WRAP OR SUB		Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
SIDES	Baked Beans Garlic Bread Green Beans Garden Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Garden Salad	Baked Beans Seasonal Mixed Vegetables Garden Salad	Baked Beans Asian Slaw, Garlic Green Beans Garden Salad	Baked Beans Peas Garden Salad
TODAY'S DESSERTS	Lemon & Blueberry Slice & Custard 	Baked Chocolate Cup	Baked Vanilla Sponge & Custard 	Cornflake Cake	Giant Chocolate Cookie

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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Lunch Menu

WEEK THREE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

PET 'N' TASTY

WRAP OR SUB

SIDES

TODAY'S DESSERTS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Spanish Omelette & Pepper & Tomato Sauce &  Garlic Bread (V)	Chicken & Vegetable Enchilada, Savoury Rice   Chicken & Vegetable Enchilada, Savoury Rice (H)  	Cottage Pie    Shepherd's Pie & Gravy (H)   	Chicken & Vegetable Korma, Gunpowder Potatoes OR Chicken & Vegetable Korma, Gunpowder Potatoes (H)   <i>Alternatively, can be served with Half Mixed Rice & Gunpowder Potatoes</i>	Sustainably Sourced Battered Fish & Chips  Oven Baked Chicken Goujons & Chips 
Veggie Bolognese Pasta Bake (V)  	Mexican Vegetable Stew & Baked Tortilla (Ve)  	Classic Mac 'n' Cheese, Cheesy Herb Crumb (V)  	Roasted Cauliflower & Sweet Potato Curry, Gunpowder Potatoes (Ve)  <i>Alternatively, can be served with Half Mixed Rice & Gunpowder Potatoes</i>	Cheese & Tomato Pizza & Wedges/Chips (V)  
Vegetable Cheeseburger (V) 	Panini of the Day Pepperoni or Cheesy Bean (V)  Pizza Topped Baguette Pepperoni or Margherita (V) 	Halal Chicken Sausage Roll 	BBQ Veggie Melt (V) 	Pepperoni Pizza & Wedges/Chips  
Vegetable Tikka Masala & Rice  	Tomato & Basil Pasta Pot 	Sweet & Sour Chicken Noodles  	Pesto Pasta Pot	Beef Bolognese Pasta Pot   
	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 
Baked Beans    Garlic Green Beans  Garlic Bread, Garden Salad 	Baked Beans    Roasted Sweetcorn Wedges, Garden Salad 	Seasonal Mixed Vegetables  Garden Salad 	Baked Beans    Steamed Broccoli 	Baked Beans    Peas  Mixed Salad 
Flapjack 	Marble Chocolate Sponge & Custard 	Jammie Cookie Cup	Iced Orange & Ginger Traybake	Homemade Lemon Drizzle Cake

Slow-Release Energy Foods



For a Healthy Gut



Brain Boost



Contains Calcium



Contains Iron



Contains Protein

