

Lunch Menus

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Fusilli Pasta Bake in a Balsamic, Lentil and Sage Tomato Sauce, topped with Mozzarella and Feta Cheese, with Garlic Bread (GW) (D)	Roast Tarragon and Smoked Garlic Chicken Thighs with Crispy Sea Salt and Rosemary New Potatoes, Steamed Broccoli and Redcurrant Jelly Gravy	Sweet Potato and Chickpea Thai Curry with Spring Onion and Lemongrass Pilau Rice and Warm Flatbreads (GW)	Shepherds' Pie, served with Sweetcorn and Savoy Cabbage	Baked Breaded Cod with Chunky Chips, Peas, Tartare Sauce and Tomato Ketchup (GW) (F)
Vegetarian Option				
Fusilli Pasta Bake in a Balsamic, Lentil and Sage Tomato Sauce, topped with Mozzarella and Feta Cheese, with Garlic Bread (GW) (D)	Leek, Squash and Parsley Crumble with Crispy Sea Salt and Rosemary New Potatoes, Steamed Broccoli and a Redcurrant Jelly Gravy (GW)	Sweet Potato and Chickpea Thai Curry with Spring Onion and Lemongrass Pilau Rice and Warm Flatbreads (GW)	Vegetable and Lentil Shepherds' Pie, served with Sweetcorn and Savoy Cabbage	Mixed Vegetable and Cajun Fajita with Crushed Avocado and Lime (GW)
Salad Bar				
Sliced Cucumber, Tomato, Olive and Mixed Leaf Salad	Diced Beetroot	Red Cabbage Slaw with Minted Yoghurt (D)	Grated Carrot, Green Beans and Tomato	Iceberg Lettuce and Cucumber
Dessert				
Fruit	Beetroot Brownies (GW) (D) (E) (SOYA)	Greek Yoghurt with Rhubarb and Ginger Compote (D)	Apple and Cinnamon Crumble and Custard (GW) (D)	Fresh Fruit, Fruit Ice Lollies/ Ice Cream (D)

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Lamb Con Carne with Long Grain Rice, served with Broccoli and Sweetcorn	Macaroni Cheese topped with a Basil and Paprika Pesto, served with Steamed Cauliflower and Garlic Bread (GW) (D)	Tandoori Chicken Wrap with Bombay Potato and Mango Chutney (GW) (D)	Lamb Stew with Creamy Mashed Potato and Slow Cooked Sugar Carrots	Baked Jerk Chicken Drumstick, served with Chunky Chips and Spiced Kidney Bean, Pineapple and Coriander Relish
Vegetarian Option				
Vegetable Chilli Con Carne with Long Grain Rice, served with Broccoli and Sweetcorn	Macaroni Cheese topped with a Basil and Paprika Pesto, served with Steamed Cauliflower and Garlic Bread (GW) (D)	Tandoori Chickpea and Butternut Squash Wrap with Bombay Potato and Mango Chutney (GW) (D)	Roasted Vegetable and Puy Lentil Stew with Creamy Mashed Potato and Slow Cooked Sugar Carrots	Autumn Vegetable Jerk, served with Chunky Chips and Spiced Kidney Bean, Pineapple and Coriander Relish
Salad Bar				
Coleslaw with Chive Vegan Mayonnaise	Tomato, Olive and Cucumber	Red Onion and Iceberg Lettuce, Sliced Cucumber	Roasted Cauliflower and Green Beans	Beetroot and Baby Spinach
Dessert				
Fruit	Lemon Drizzle Cake (GW) (E)	Fresh Fruit or Greek Yoghurt with Toasted Cinnamon Oats (D) (GW)	Treacle Sponge Pudding with Vanilla Custard (GW) (D) (E)	Fresh Fruit, Fruit Ice Lollies/ Ice Cream (D)

Dinner Menus

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Wholemeal Pittas (G) with Hummus (S), Cheese (D), Mixed Pepper, Cucumber and Carrot Sticks	Fusilli Pasta (G) with a Tomato Ragout, Grated Cheddar (D) and Green Beans	Roasted Chicken or Baked Squash and Leek Gratin (G) with New potatoes and Steamed Broccoli	Vegetable Coconut Curry with Steamed Rice	Minced Lamb or Vegetable Bake with Seasonal Vegetables
Dessert				
Fresh Fruit	Fresh Fruit	Fruit Yoghurt	Fresh Fruit	Fresh Fruit

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Wholemeal Pittas (G) with Hummus (s), Cheese (d), Mixed Pepper, Cucumber Sticks	Braised Spiced Lamb or Vegetable Ragout with Long Grain Rice and Steamed Sweetcorn	Macaroni (G) Provençal with Cauliflower and Peas	Tikka Chicken or Vegetable Tikka with Couscous (G) and a Tomato and Pepper Salad	Lamb or Vegetable Casserole with Potato Purée and Vichy Carrots
Dessert				
Fresh Fruit	Fresh Fruit	Fruit Yoghurt	Fresh Fruit	Fresh Fruit

(GW) - GLUTEN WHEAT
 (GS) - GLUTEN SEMOLINA
 (D) - DAIRY
 (E) - EGG
 (SOYA) - SOY
 (F) - FISH