

Summer/Autumn Term Lunch Menu

April to October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Beef Lasagne with Salad Bar	Bangers and Mash with Gravy and Peas	Roast Beef with Roasties, Gravy, Carrots and Seasonal Cabbage	BBQ Chicken with Basmati Rice and Cucumber Raitta	Golden Pollack Fillet Fish Fingers Or Salmon Fishcakes with Chips and Baked Beans or Peas
Alternative Dish	Mega Mozzarella & Tomato Pizza Pan** with Crunchy Salad	Vegemince Bolognese With pasts	Quorn Roast with Roasties, Gravy, Carrots and Seasonal Cabbage	Quorn Burger with Oven Baked Wedges and Crunchy Salad	Cheese Ploughman's with Vegetable Sticks
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Desserts	Tutti Frutti Yoghurt Fresh Fruit	Fruit in Jelly Yoghurt Fresh Fruit	Fresh Fruit and Mini Chocolate Brownie* Yoghurt Fresh Fruit	Mango Frozen Yoghurt Fresh Fruit	Fruity Picnic Bar* Yoghurt Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					

EAT

LEARN

LIVE

Week 1



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegetable Supreme Pizza with Oven Baked Wedges and Salad Bar	<u>Pasta Pack</u> Most Excellent Pasta Bolognese** with Broccoli	Roast Gammon with Roasties, Gravy, Carrots and Seasonal Cabbage	Beef Meatballs in a Tomato and Basil Sauce with Pasta** with Broccoli	Crispy Battered Pollock with Chips and Baked Beans or Peas
Alternative Dish	Vegebangers with Mashed Potatoes and Gravy with Peas	Macaroni Cheese with Salad Bar	Cauliflower and Creamed Corn Bake with Roasties, Gravy, Carrots and Seasonal Cabbage	Quorn and Veggie Chow Mein with Broccoli	BBQ Vegetable and Bean Wrap with Chips and Crunchy Salad
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Desserts	Sicilian Lemon Yoghurt Fresh Fruit	Cheese and Crackers Yoghurt Fresh Fruit	Peachy Crumble Crunch* with Custard Yoghurt Fresh Fruit	Fresh Fruit and Mini Gingerbread Cake* Yoghurt Fresh Fruit	Honey and Vanilla Milkshake with an Oatie Cookie Yoghurt Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cottage Pie with Garden Peas	Beef Burger in a bun With Oven Baked Wedges and Sweetcorn	Roast Turkey with Roasties, Gravy, Carrots and Seasonal Cabbage	Minced Beef Hot Pot With Broccoli	MSC Battered Fish with Chips and Baked Beans or Peas
Alternative Dish	Mega Mozzarella and Basil Calzone with Pasta salad and Salad Bar	Bud's Spud with Sizzling Fajita Beans and Sweetcorn	Roasted Veg & Butterbean Crumble, Roasties , Carrots and Seasonal Cabbage	Macaroni Cheese with Crunchy Salad	Vegetarian Hotdog with Chips and Baked Beans or Peas
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Desserts	Mini Biscotti * with Fruit Slices Yoghurt Fresh Fruit	Sticky Toffee and Banana Pudding* with Custard Yoghurt Fresh Fruit	Yoghurt with Melon and Peaches Fresh Fruit	Mayan Chocolate Milkshake with an Oaty Cookie Yoghurt Fresh Fruit	Ice-Cream Pot Yoghurt Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					