




MONDAY

Lunch Menu

Week:	Week A (12 th Dec, 16 th Jan, 6 th Feb)	Week B (28 th Nov, 19 th Dec, 23 rd Jan)	Week C (5 th Dec, 9 th Jan, 30 th Jan)
Morning Break:	Buttered Toast or Fruit	Buttered Toast or Fruit	Buttered Toast or Fruit
Hot Meals	Burger in a Bun <ul style="list-style-type: none"> Organic Beef Chicken Fillet Pork & Apple Vegetable V Served with Mini Roast Potato or Baked Beans or Salad Chilli – Beef or Vegan SO	Burger in a Bun <ul style="list-style-type: none"> Organic Beef Chicken Fillet Pork & Apple Vegetable V Served with Mini Roast Potato or Baked Beans or Salad Macaroni Cheese G/M/Mu	Burger in a Bun <ul style="list-style-type: none"> Organic Beef Chicken Fillet Pork & Apple Vegetable V Served with Mini Roast Potato or Baked Beans or Salad Sticky BBQ Chicken/Quorn Ce/G/Mu/So
Gluten Free:	Organic Beef Burger in Bun GF	Organic Beef Burger in Bun GF	Organic Beef Burger in Bun GF
Light Bites:	Jacket Potato GF with Cheese or Baked Beans or Spaghetti Hoops or Tuna Mayo Sandwiches with a range of fillings	Jacket Potato GF with Cheese or Baked Beans or Spaghetti Hoops or Tuna Mayo Sandwiches with a range of fillings	Jacket Potato GF with Cheese or Baked Beans or Spaghetti Hoops or Tuna Mayo Sandwiches with a range of fillings
Desserts:	Shortbread Slice G Chocolate Cracknel G/M Fruit Crumble G Custard M	Rosalie Biscuit G Chocolate Crunch E/G Apple & Cinnamon Cobbler E/G/M Custard M 24/08/22	Cherry & Coconut Cookie G/Su Chocolate Brownie E/G Apple Sponge E/G/M Custard M

TUESDAY	Lunch Menu			
Week:	Week A (12 th Dec, 16 th Jan, 6 th Feb)	Week B (28 th Nov, 19 th Dec, 23 rd Jan)	Week C (5 th Dec, 9 th Jan, 30 th Jan)	
Morning Break:	Buttered Toast or Fruit	Buttered Toast or Fruit	Buttered Toast or Fruit	
Hot Meals:	Chicken Hotpot G (potato topping) Quorn & veggies V G Served with Mash & Vegetables Pasta with Chicken in Tomato Sauce or Meatballs or Spicy Sausage or Basilico V or Tangy Tomato V	Cottage Pie M or Vegan Cottage Pie V Served with: Creamed Potatoes, Vegetables, Gravy Pasta with Chicken in Tomato Sauce or Meatballs or Spicy Sausage or Basilico V or Tangy Tomato V	Beef Lasagne G/M/Mu Veggie Lasagne G/M/Mu/So V Served with vegetables Pasta with Chicken in Tomato Sauce or Meatballs or Spicy Sausage or Basilico V or Tangy Tomato V	
Gluten Free:	GF Veggie or Chicken Pasta sauce GF Pasta	GF Veggie or Chicken Pasta sauce GF Pasta	GF Veggie or Chicken Pasta sauces GF Pasta	
Light Bites:	Panini with <ul style="list-style-type: none"> • Ham & Cheese • Tuna & Cheese • Chicken Tikka • Cheese V Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops	Panini with <ul style="list-style-type: none"> • Ham & Cheese • Tuna & Cheese • Chicken Tikka • Cheese V Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops	Panini with <ul style="list-style-type: none"> • Ham & Cheese • Tuna & Cheese • Chicken Tikka • Cheese V Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops	
Desserts:	Chocolate & Orange Biscuit G Flapjack G Sticky Chocolate Pudding E/G Custard M	Shortbread Slice G Berry Muffin E/G Chocolate Orange Sponge E/G Custard M	Rosalie Biscuit G Flapjack G Chocolate & Pear Sponge E/G Custard M	



WEDNESDAY		Lunch Menu	
Week:	Week A (12 th Dec, 16 th Jan, 6 th Feb)	Week B (28 th Nov, 19 th Dec, 23 rd Jan)	Week C (5 th Dec, 9 th Jan, 30 th Jan)
Morning Break:	Buttered Toast or Fruit	Buttered Toast or Fruit	Buttered Toast or Fruit
Hot Meals:	Roast Beef Roasted Quorn Fillet G V Served with Yorkshire Pudding, Creamed Potatoes, Seasonal Vegetables and Gravy	Roast Pork with stuffing or Roasted Quorn Fillet G V Served with Stuffing, Creamed Potatoes, Vegetables & Gravy	Roast Gammon with stuffing or Roasted Quorn Fillet V Served with Yorkshire Pudding, Creamed Potatoes, Vegetables & Gravy
Gluten Free:	Roast Beef, Vegetables GF	Roast Pork (without stuffing) GF	Roast Gammon GF
Light Bites:	Wrap with <ul style="list-style-type: none">Sweet Chilli Chicken G/M/So <small>May contain Nut/Peanut/Sesame</small>Quorn Dippers G V <small>May contain Nut/Peanut/Sesame</small> Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings	Wrap with <ul style="list-style-type: none">Sweet Chilli Chicken G/M/So <small>May contain Nut/Peanut/Sesame</small>Quorn Dippers G V <small>May contain Nut/Peanut/Sesame</small> Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings	Wrap with <ul style="list-style-type: none">Sweet Chilli Chicken G/M/So <small>May contain Nut/Peanut/Sesame</small>Quorn Dippers G V <small>May contain Nut/Peanut/Sesame</small> Jacket Potato with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings
Desserts:	Oat Cookie G/Su Chocolate Brownie E/G Cornflake Tart G Custard M	Chocolate Orange Rosalie Biscuit G Chocolate Cracknel G/M Fruit Crumble G Custard M	Shortbread Slice G Banana Toffee Muffin E/G Chocolate & Orange Sponge E/G Custard M



THURSDAY		Lunch Menu	
Week:	Week A (12 th Dec, 16 th Jan, 6 th Feb)	Week B (28 th Nov, 19 th Dec, 23 rd Jan)	Week C (5 th Dec, 9 th Jan, 30 th Jan)
Morning Break:	Buttered Toast or Fruit	Buttered Toast or Fruit	Buttered Toast or Fruit
Hot Meals:	Big Breakfast G/Su or Veggie Breakfast G/Su V Served with Hash Browns, Baked Tomatoes and Baked Beans Tuna Pasta Bake F/G/M/Mu Tomato and Basil Pasta G/M V	Curry Chicken Korma or Chicken Tikka or Vegetable Tikka V with Rice, Vegetables & Naan Bread Tuna Pasta Bake F/G/M/Mu Tomato and Basil Pasta G/M V	French Bread Pizza Pepperoni & Cheese G/M Cheese & Tomato G/M V Ham & Pineapple G/M/Su Tuna Pasta Bake F/G/M/Mu Tomato and Basil Pasta G/M V
Gluten Free:	GF Sausage, Bacon, Beans, Toms HB's	GF Beef Bolognaise with GF Pasta	GF pizza available
Light Bites:	Panini G with filling • Ham & Cheese G/M • Tuna & Cheese G/M • Chicken Tikka G/M • Cheese G/M V Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings	Panini G with filling • Ham & Cheese G/M • Tuna & Cheese G/M • Chicken Tikka G/M • Cheese G/M V Jacket Potato GF with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings	Panini G with filling • Ham & Cheese G/M • GTuna & Cheese G/M • Chicken Tikka G/M • Cheese G/M V Jacket Potato with Cheese or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings
Desserts:	Cherry & Coconut Cookie G/Su Chocolate Crunch E/G Berry Sponge E/G Custard M	Oat Cookie G/Su Chocolate Brownie E/G Syrup Sponge E/G Custard M	Choc & Orange Rosalie Biscuit G Chocolate Cracknel G/M Fruit Pie E/G Custard M



FRIDAY

Lunch Menu

Week:	Week A (12 th Dec, 16 th Jan, 6 th Feb)	Week B(28 th Nov, 19 th Dec, 23 rd Jan)	Week C (5 th Dec, 9 th Jan, 30 th Jan)
Morning Break:	Buttered Toast or Fruit	Buttered Toast or Fruit	Buttered Toast or Fruit
Hot Meals:	Butter Chicken M or Spinach & Chick Pea Curry Served with Rice, Vegetables Sausage Roll G/M/So/Su Cheese & Onion Bake G/M/Mu/SoV Steak Slice G/So	Breaded Fish F/G or Salmon Fishcakes F/G Quorn Dippers G V Served with: Chips, Peas, Carrots Sausage Roll G/M/So/Su Cheese & Onion Slice G/M/Mu/So V Steak Slice G/So	Cheesy bean enchilada G/M Served with: Chips, Peas, Carrots Sausage Roll G/M/So/Su Cheese & Onion Slice G/M/So/MuV Steak Slice G/So Vegan Sausage Roll G/So V
Gluten Free:	GF Sausages. Both Curries.	GF Sausages	GF Sausages
Light Bites:	Jacket Potato GF with Cheese V or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings	Jacket Potato GF with Cheese V or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings	Jacket Potato GF with Cheese V or Baked Beans or Tuna Mayo or Spaghetti Hoops Sandwiches with a range of fillings
Desserts:	Rosalie Biscuit G Lemon Muffin E/G Paris Sandwich E/G/M Custard M	Coconut & Cherry Cookie G/Su Flapjack G Rhubarb & Lemon Sponge E/G Custard M	Oat Cookie G/Su Chocolate Crunch E/G Forest Fruit Muffin E/G Custard M