

Lunch Menu



Week 1

All meals served with a choice of Fresh Seasonal Vegetables or Salads, Potatoes and a Hot Dessert or Piece of Fruit or a Drink **ONLY £2.25**

♥ Denotes your Healthy Option	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional	Beef Lasagne Mashed potatoes and seasonal vegetables or mixed salad	Chicken curry & mango chutney ♥ served on a bed of wholegrain rice Mashed potatoes and seasonal vegetables or mixed salad	Succulent Roast Meat of the Day Served with traditional accompaniments	Beef Cottage pie ♥ Mashed potatoes and seasonal vegetables or mixed salad	Oven baked cod served with french fries Mashed potatoes and seasonal vegetables or mixed salad
Vegetarian	Vegetable sweet & sour ♥ Served on a bed of wholegrain rice or jacket potato or pasta with cheese & beans	Cheese & tomato Quiche or jacket potato or pasta with cheese & beans	Quorn cottage pie ♥ or jacket potato or pasta with cheese & beans	Cheesy florets of cauliflower & broccoli bake or jacket potato or pasta with cheese & beans	Vegetable Hot Pot ♥ or jacket potato or pasta with cheese & beans
Dessert	Home made apricot flapjack served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Sultana & raisin muffin served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Crunchy apple crumble served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Baked cinnamon sponge served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Sultana & wholemeal cookie served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥

Lunch Menu



Week 2

All meals served with a choice of Fresh Seasonal Vegetables or Salads, Potatoes and a Hot Dessert or Piece of Fruit or a Drink **ONLY £2.25**

♥ Denotes your Healthy Option	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional	Mild spicy meatballs served on a bed of wholegrain rice ♥ Mashed potatoes and seasonal vegetables or mixed salad	Barbequed Chicken ♥ served on a bed of wholegrain rice Mashed potatoes and seasonal vegetables or mixed salad	Succulent Roast Meat of the Day Served with traditional accompaniments	Beef Curry served on a bed of wholegrain rice with mango chutney ♥ Mashed potatoes and seasonal vegetables or mixed salad	Oven baked cod served with french fries Mashed potatoes and seasonal vegetables or mixed salad
Vegetarian	Vegetable lasagne Served on a bed of wholegrain rice or jacket potato or pasta with cheese & beans	Macaroni vegetable bake or jacket potato or pasta with cheese & beans	Quorn cottage pie ♥ or jacket potato or pasta with cheese & beans	Vegetable fajitas ♥ or jacket potato or pasta with cheese & beans	Vegetable Hot Pot ♥ or jacket potato or pasta with cheese & beans
Dessert	Home made sultana flapjack served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Bakewell tart served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Crunchy apple crumble served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Pineapple upside down sponge served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Sultana shortbread served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥

Lunch Menu

Week 3



All meals served with a choice of Fresh Seasonal Vegetables or Salads, Potatoes and a Hot Dessert or Piece of Fruit or a Drink **ONLY £2.25**

♥ Denotes your Healthy Option	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional	Beef & vegetable pie Mashed potatoes and seasonal vegetables or mixed salad	Salmon fishcakes & parsley sauce ♥ served with new potatoes Mashed potatoes and seasonal vegetables or mixed salad	Succulent Roast Meat of the Day Served with traditional accompaniments	Pork sausages or sausage roll Mashed potatoes and seasonal vegetables or mixed salad	Oven baked cod served with french fries Mashed potatoes and seasonal vegetables or mixed salad
Vegetarian	Vegetable curry & mango chutney ♥ Served on a bed of wholegrain rice or jacket potato or pasta with cheese & beans	Vegetarian sausages ♥ with fried onions or jacket potato or pasta with cheese & beans	Quorn cottage pie ♥ or jacket potato or pasta with cheese & beans	Vegetable enchilados ♥ or jacket potato or pasta with cheese & beans	Vegetable lasagne ♥ or jacket potato or pasta with cheese & beans
Dessert	Vanilla sponge served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Chocolate brownie served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Crunchy apple crumble served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Fruit pie served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥	Sultana sponge served with traditional custard or A selection of fresh fruit with jelly or yoghurt ♥