

LUNCH MENU – WEEK 1

9th Oct & 30th Nov






Monday	Tuesday	Wednesday	Thursday	Friday
DF/GF Cheese Pizza	DF/GF Bolognaise with GF Pasta	DF/GF Chicken & DF Stuffing	DF/GF (Cheese) Beefburger in DF/GF Bun	DF Jumbo Breaded Fish Finger or DF/GF Fish Fingers
DF/GF Veggie Sausage	DF Curried Noodles with Quorn Pieces	DF/GF Cauliflower Bites	DF/GF Veggie Burger in DF/GF Bun	DF Vegetable Nuggets
DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings
GF Pasta, Corn on the Cob or Salad	Peas or Salad	Roast Potatoes, Seasonal Vegetables & Gravy	Potato wedges Baked beans or Peas	Chips Sweetcorn or Salad, Tomato Ketchup
Alpro Yoghurt DF/GF	DF/GF Pip Lolly	GF Yoghurt, OR DF/GF Alpro Yoghurt OR Fruit	DF /GF Cake	DF/GF Biscuit

Available Every Day - Wholemeal bread, Salad Bar, Fruit, Low Fat Yoghurts, Milk and Water.

(Gluten Free Bread and Dairy Free yoghurts available on pre ordered request)

Special Diets (including Vegan) please speak to your schools Kitchen Manager for advice.



LUNCH MENU – WEEK 2

16th Nov – 7th Dec



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DF/GF Tomato & Cheese Pasta Bake	DF/GF Plain chicken and Veg GF Pasta	DF/GF Butchers Sausages	DF Butchers Pork Meatballs in Tom. Sauce served in DF Finger Bun	DF/ GF Fish Fingers
DF/GF Veggie Bolognese with GF Pasta	DF/GF Cheese & Tom. Pizza GF Pasta	DF/GF Veggie Sausages Sausages	DF/GF Vegan Meatballs in Tomato Sauce with DF/GF Bun	DF Vegetable Nuggets
DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings
GF Bread, Carrots or Salad	Corn on the Cob or Salad	Roast Potatoes, Fresh Seasonal Vegetables & Gravy	Potato Wedges & Mixed Vegetables	Chips, Sweetcorn or Salad, Tomato Ketchup
DF/GF Cake	GF Yoghurt, OR DF/GF Alpro yoghurt OR Fruit	DF/GF Fruit Smoothie	DF/GF Cookie	DF/GF Alpro Yoghurt OR Jelly Pot



Jacket Potato Fillings : Vegan Cheese OR Vegan Cheese and Beans OR Tuna Mayo OR Beans



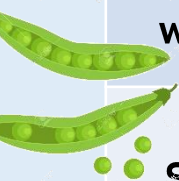


LUNCH MENU – WEEK 3

2nd Nov & 23rd Nov – 14th Dec



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DF/GF Vegetable Pasta Bake & DF Garlic Bread	DF/GF Chicken & Butternut Squash Curry and Rice	DF/GF Roast Gammon & Pineapple	DF/GF Salmon & Broccoli Bake	DF Fish Fillet DF/GF Fish Fingers
GF Sweet Chilli Halloumi & GF Pasta	DF/GF Quorn Stir Fry and Rice		DF Vegan Sausage Roll GF Veggie Sausage With Potato Wedges	DF Veggie Nuggets
DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings
Sweetcorn or Salad	Peas or Green Beans	Roast Potatoes , Seasonal Vegetables & Gravy	Corn on Cob or Salad	Chips Peas or Salad & Tomato Sauce
Fruit or Alpro Soya Yoghurt	DF/GF Cake	DF/GF Fruit Smoothie	DF Cookie	DF/GF Cake



Jacket Potato Fillings : Vegan Cheese OR Vegan Cheese and Beans OR Tuna Mayo OR Beans