

# Lunch Menu



Spring week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Cakes	Crumpets	Breadsticks and Soft Cheese	Teacake	Fruit Muffin
<b>PM Snack</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Main course</b>	Roast Chicken with Stuffing	Quorn Vegetable Curry	Shepherd's Pie	Pasta Shells with Ham & Mushrooms	Catch of the Day
<b>Vegetarian</b>	Roasted Red Onion Tart		Quorn Mince Shepherds Pie	Pasta Neapolitan	Mushroom Stroganoff & Rice
<b>Vegetables &amp; potatoes</b>	Roast Potatoes Green Cabbage Carrots	Brown & White Rice Sweetcorn	Leeks Cauliflower	Vegetable Medley	Peas Oven Roasted New Potatoes
<b>Dessert</b>	Ice Cream	Reduced Sugar Jelly with Fresh Fruit	Yoghurt & Fruit Coulis	Sugar Free Banana Cake	Yoghurt & Fruit Coulis
<b>Tea</b>	Ham & Cheese Toastie	Cheese & Tomato Pizza	Spanish Omelette	Chicken Fajitas	Pasta Bolognese

# Lunch Menu



Spring Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Cakes	Crumpets	Breadsticks and Soft Cheese	Teacake	Fruit Muffin
<b>PM Snack</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Main course</b>	Chicken Tikka Masala	Beef Lasagne	Roast Pork with Apple Sauce	Turkey & Pepper Noodle Stir Fry	Fish Finger Wrap
<b>Vegetarian</b>	Mushroom & Spinach Dhal	Penne Pasta with Basil Pesto	Jacket Potato with choice of Toppings	Quorn & Pepper Noodle Stir Fry	Falafel Wrap with Yogurt & Mint Dressing & Salad
<b>Vegetables &amp; potatoes</b>	Steamed White & Brown Rice Medley of Vegetables	Garlic Bread Broccoli Sweetcorn	Roast Potatoes Carrots Green Cabbage	Spring Vegetables	Chipped Potatoes Peas Baked Beans
<b>Dessert</b>	Yoghurt & Fruit Coulis	Fresh Fruit Salad	Honey Biscuits	Reduced Sugar Jelly with Fresh Fruit	Yoghurt & Fruit Coulis
<b>Tea</b>	Mini Beef Burger in a Brioche Roll	Sausage with Baked Beans	Mezze Platter	Cheese & Tomato Frittata	Chicken & Pork Meatballs with Spaghetti & Tomato Sauce

# Lunch Menu



Spring week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Cakes	Crumpets	Breadsticks and Soft Cheese	Teacake	Fruit Muffin
<b>PM Snack</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Main course</b>	Sausage & Yorkshire Pudding with Gravy	Roast Turkey Breast	Beef Chilli Con Carne	Grilled Haddock & Parsley Sauce	Chicken Fajita with Mixed Peppers & Onions
<b>Vegetarian</b>	Tomato & Garlic Vegetable Sausages with Yorkshire Pudding	Tomato, Basil & New Potato Frittata	Quorn Chilli	Vegetable Tagine	Spanakopita Pie
<b>Vegetables &amp; potatoes</b>	Mash Potatoes Leeks Savoy Cabbage	Roast Potatoes Green Beans Carrots	Brown & White Rice Cauliflower Peas	New Potatoes Broccoli Grilled Tomatoes	Roasted Sweet Potatoes & Squash
<b>Dessert</b>	Fresh Fruit Salad	Yoghurt & Toppings	Sugar free Brownies	Yoghurt & Toppings	Melon Platter
<b>Tea</b>	Pesto Pasta with Broccoli	Fish Fingers & Baked Beans	Jacket Potato with Bacon & Cheese	Sweet & Sour Chicken & Rice	Pepperoni Pizza with Carrot & Cucumber Sticks