




**Lunch Menu 2022-2023**

**WEEK 1**

<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	 <b>Fajita Thursday</b>	<b>Friday</b>
Spinach and Ricotta Ravioli	Sausages and Yorkshire Pudding	Beef Lasagne	Chicken Fajita	Scampi or Fish fingers
Spicy Tomato Pasta	Quorn Sausages and Yorkshire Pudding	Vegetable Lasagne	Quorn Fajita	Quiche or Mozzarella Sticks
Sautéed Potatoes	Mashed Potato	Garlic Bread	Seasoned Potato Wedges	Chips
Mixed vegetables	Cauliflower Cheese And Carrots	Cabbage and Carrots	Sweetcorn	Garden Peas or Baked Beans
Vanilla Sponge and Chocolate Custard	Rice Pudding with Jam Sauce	Jelly and Ice Cream	Shortbread	Profiteroles

Other menu options – available every day:

- Baked potato with a selection of fillings
- Fresh Salad Bar
- Fresh sandwiches with a selection of fillings
- Freshly baked pizza, hot wraps and baguette melts
- Fresh fruit, cheese and crackers



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**WEEK 2**

Monday	 <b>Taco Tuesday</b>	Wednesday	Thursday	Friday
Chicken Goujons	Minced Beef Taco	Tuna Pasta Bake	Steak Pie	Cod Goujons or Salmon Fishcake
Spicy Vegetable Pasta Bake	Quorn Taco	Broccoli Pasta Bake	Cheese and Potato Pie	Quiche or Mozzarella Sticks
Seasoned Potato Wedges	Potato Skins	Garlic Bread	Roasted Potatoes	Chips
Garden Peas or Baked Beans	Fried Onions and Peppers	Green Beans	Cabbage and Carrots	Spaghetti Hoops or Mixed vegetables
Cake and Toffee Sauce/Custard	Churros and Chocolate Sauce	Apple Crumble with Custard or Ice Cream	Carrot Cake with Vanilla Icing	Choc Ice

Other menu options – available every day:

- Baked potato with a selection of fillings
- Fresh Salad Bar
- Fresh sandwiches with a selection of fillings
- Freshly baked pizza, hot wraps and baguette melts
- Fresh fruit, cheese and crackers



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**WEEK 3**

<b>Meat-Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Mac 'n' Cheese	Beef Mince and Dumplings	Katsu Chicken Curry	Meatballs and Pasta in Tomato Sauce	Scampi or Fish Fingers
Quorn Nuggets	Quorn Mince and Dumplings	Katsu Quorn Fillet with Curry Sauce	Tomato and Basil Pasta	Quiche or Mozzarella Sticks
Duchesse Potatoes	Mashed Potatoes	Savoury Rice	Garlic Bread	Chips
Garden Peas or Baked Beans	Cabbage and Farmhouse Vegetables	Baby Corn	Green Beans	Baked Beans or Garden Peas
Arctic Roll	Chocolate Brownie	Iced Cake with Custard	Cheesecake	Choc Chip Cookie

Other menu options – available every day:

- Baked potato with a selection of fillings
- Fresh Salad Bar
- Fresh sandwiches with a selection of fillings
- Freshly baked pizza, hot wraps and baguette melts
- Fresh fruit, cheese and crackers



**Lunch Menu 2022-2023**

**WEEK 4**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Beef or Chicken Burger in a Bun	Pasta Bolognese	Chicken Tikka Masala	Roast Turkey with Cranberry Sauce	Cod or Fish Finger
Veggie Burger in a Bun	Vegetable Bolognese	Vegetable Tikka Masala	Quorn Hotpot	Quiche or Mozzarella Sticks
Curly Potato Fries	Garlic Bread	Rice and Poppadum	Roasted Potatoes	Chips
Sweetcorn	Green Beans	Baby Corn	Carrots and Mashed Swede	Spaghetti Hoops or Garden Peas
Syrup Sponge and Custard	Peaches and Cream or Doughnuts	Chocolate Crispy Cake	Chocolate Sponge with Chocolate Icing	Ice Cream

Other menu options – available every day:

- Baked potato with a selection of fillings
- Fresh Salad Bar
- Fresh sandwiches with a selection of fillings
- Freshly baked pizza, hot wraps and baguette melts
- Fresh fruit, cheese and crackers