



LUNCH MENU

WEEK 1

12 - 16
OCTOBER

Wide selection of seasonal
fresh fruit and vegetables
offered daily along with
water and milk.

MEAT FREE MONDAY

MAIN CHOICE

Mexican Day

OR

Soup of the day and a
bread roll

VEGETARIAN

Vegetarian chilli

Vegetarian fajitas

Cheese quesadillas

VEGETABLES & SIDES

Rice, sweetcorn,
nachos, guacamole

PUDDING

Fresh fruit

TUESDAY

MAIN CHOICE

Roast ham

OR

Soup of the day and a
bread roll

VEGETARIAN

Veggie sausages

VEGETABLES & SIDES

Cauliflower cheese

PUDDING

Fresh fruit
Jelly

WEDNESDAY

MAIN CHOICE

Carbonara

OR

Soup of the day and a
bread roll

VEGETARIAN

Pesto pasta

VEGETABLES & SIDES

Cabbage
Roasted carrots

PUDDING

Banana bread
Fresh fruit

THURSDAY

MAIN CHOICE

Handmade pepperoni
pizza

Sausage roll

OR

Soup of the day and a
bread roll

VEGETARIAN

Margherita pizza

VEGETABLES & SIDES

Corn

PUDDING

Fresh fruit

FRIDAY

MAIN CHOICE

Breaded fish fingers
with tartar sauce

OR

Soup of the day and a
bread roll

VEGETARIAN

Cheesy pesto
pinwheels

VEGETABLES & SIDES

Chips, peas

PUDDING

Oatmeal cookie
Fresh fruit



LUNCH MENU

WEEK 2

19 - 23
OCTOBER

Wide selection of seasonal
fresh fruit and vegetables
offered daily along with
water and milk.

MONDAY

MAIN CHOICE
Baked potato and
tuna

OR
Soup of the day and a
bread roll

VEGETARIAN

Baked potato and
beans and/or cheese

VEGETABLES & SIDES
Mixed vegetables

PUDDING
Fresh fruit

TUESDAY

MAIN CHOICE
Chicken curry

OR
Soup of the day and a
bread roll

VEGETARIAN
Egg fried rice

VEGETABLES & SIDES
Spring rolls
Asian coleslaw

PUDDING
Jelly
Fresh fruit

WEDNESDAY

MAIN CHOICE
Lasagne

OR
Soup of the day and a
bread roll

VEGETARIAN
Pesto pasta

VEGETABLES & SIDES
Garlic bread
Broccoli

PUDDING
Cheese and biscuits
Fresh fruit

THURSDAY

MAIN CHOICE
Handmade pepperoni
pizza
Sausage roll

OR
Soup of the day and a
bread roll

VEGETARIAN
Margherita pizza

VEGETABLES & SIDES
Corn

PUDDING
Fresh fruit

FRIDAY

MAIN CHOICE
Breaded fish fingers
with tartar sauce
Hamburgers

OR
Soup of the day and a
bread roll

VEGETARIAN
Veggie hamburgers

VEGETABLES & SIDES
Chips, peas

PUDDING
Beetroot brownie
Fresh fruit