### **WEEK 1** LUNCH MENU - Week beginning 22<sup>nd</sup> November

|                          | Meat Free<br>Monday                               | Tuesday   | Wednesday                             | Thursday   | Friday                                    |
|--------------------------|---|---|---------------------------------------|--|---|
| Main Choice              |   | Homemade<br>Pepperoni pizza or<br>sausage rolls           | Italian chicken with rice             | Thanksgiving lunch<br>Roast Turkey/Ham                                 | Breaded fish fingers<br>with tartar sauce |
| Vegetarian               | Mac & Cheese<br>Baked Potato<br>tuna/coleslaw     | Cheese and tomato<br>pizza<br>Vegetarian sausage<br>rolls | Tomato pasta bake                     | Cauliflower cheese<br>Vegetarian<br>sausages and gravy<br>Roast potato | Broccoli and cheese quiche                |
| Vegetables and additions | Salad bar   | Mixed salad   | Rice<br>Steamed broccoli<br>Salad bar | Roasted carrots<br>Braised cabbage<br>Mashed swede<br>Salad bar        | Peas<br>Chips<br>Salad bar                |
| Pudding                  | Cheese and biscuits<br>Fresh fruit<br>(pineapple) | Yoghurt<br>Fresh fruit (grapes)                           | Fresh fruit (grapes)                  | Pumpkin Pie & ice<br>cream<br>Fresh fruit<br>(pineapple)               | Flapjack<br>Fresh fruit (lucky<br>dip)    |



### **WEEK 2** LUNCH MENU – Week beginning 29<sup>th</sup> November

|                          | Meat Free<br>Monday                                     | Tuesday   | Wednesday  | Thursday                                | Friday                                     |
|--------------------------|---|---|--|---|--|
| Main Choice              |   | Lasagne   | Pasta Carbonara  | Homemade<br>Pepperoni pizza             | Breaded fish fingers with tartar sauce     |
| Vegetarian               | Baked potato<br>Cheese/tuna/<br>Coleslaw<br>Pesto pasta | Vegetarian Lasagne  | Tomato pasta bake                                      | Cheese and tomato pizza                 | Egg fried rice<br>Spring rolls             |
| Vegetables and additions | Salad bar   | Steamed Broccoli<br>Roasted carrots<br>Braised cabbage<br>Salad bar | Salad bar  | Corn<br>Mixed salad                     | Peas<br>Chips<br>Salad bar                 |
| Pudding                  | Blueberry and<br>Peach Crumble<br>Fresh fruit (grapes)  | Cheese and biscuits<br>Fresh fruit<br>(Satsumas)                    | Chocolate chip<br>cookies<br>Fresh fruit<br>(Satsumas) | Fresh fruit<br>(Satsumas) or<br>yoghurt | Fresh fruit (lucky<br>dip)<br>Jelly (vegi) |

### **WEEK 3** LUNCH MENU – Week beginning 6<sup>th</sup> December

|                          | Meat Free<br>Monday   | Tuesday  | Wednesday   | Thursday                                  | Friday  |
|--------------------------|---|--|---|---|---|
| Main Choice              | Mexican day   | Fish Pie   | Chicken Curry   | Handmade<br>Pepperoni pizza               | Breaded fish fingers<br>with tartar sauce<br>Hamburgers |
| Vegetarian               | Vegetarian chilli<br>Vegetarian fajitas<br>Cheese quesadillas | Baked potato   | Lentil Curry  | Margarita pizza<br>Pesto pasta            | Vegetarian Burgers                                      |
| Vegetables and additions | Rice & sweetcorn<br>Nachos<br>Guacamole<br>Salad bar          | Green beans<br>Cheese/tuna/<br>Coleslaw/Baked<br>beans | Naan bread<br>Pakoras<br>Rice                             | Corn<br>Mixed salad                       | Chips<br>Peas<br>Salad bar                              |
| Pudding                  | Rice pudding<br>Fresh fruit<br>(satsumas)                     | Yoghurt<br>Fresh fruit<br>(Bananas)                    | Mango and coconut<br>flapjack<br>Fresh fruit<br>(Bananas) | Fresh fruit<br>(satsumas)<br>Jelly (vegi) | Cheese and biscuits<br>Fresh fruit (lucky<br>dip)       |



### **WEEK 4** LUNCH MENU – Week beginning 13<sup>th</sup> December

|                          | Meat Free<br>Monday                                       | Tuesday   | Wednesday  | Thursday                                  | Friday |
|--------------------------|---|---|--|---|--------|
| Main Choice              |   | Breaded fish fingers<br>with tartar sauce<br>Breaded fish | Christmas lunch<br>Turkey with pigs in<br>blankets                       | Handmade<br>Pepperoni pizza               |        |
| Vegetarian               | Christmas Mac &<br>Cheese<br>Baked potato                 | Vegan Sausage rolls                                       | Vegetarian<br>Wellington   | Margarita pizza<br>Pesto pasta            |        |
| Vegetables and additions | Mixed Vegatables<br>Salad bar                             | Chips<br>Peas<br>Salad bar                                | Parsnips, carrots,<br>Brussel sprouts,<br>roast potatoes, red<br>cabbage | Corn<br>Mixed salad                       |        |
| Pudding                  | Shortbread<br>Christmas tree<br>Fresh fruit<br>(satsumas) | Cheese and biscuits<br>Fresh fruit (lucky<br>dip)         | Chocolate Yule log<br>Fresh fruit (lucky<br>dip)                         | Fresh fruit<br>(satsumas)<br>Jelly (vegi) |        |

