



LUNCH MENU

WEEK 1

21 - 25
SEPTEMBER

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

MEAT FREE MONDAY

MAIN CHOICE

Mexican Day

SANDWICH/ROLL

None

VEGETARIAN

Vegetarian chilli
Vegetarian fajitas
Cheese quesadillas

VEGETABLES & SIDES

Rice, sweetcorn,
nachos, guacamole

PUDDING

Yoghurt
Fresh fruit

TUESDAY

MAIN CHOICE

Carbonara

SANDWICH/ROLL

Cheese

VEGETARIAN

Pesto pasta

VEGETABLES & SIDES

Broccoli

PUDDING

Cheese and biscuits
Fresh fruit

WEDNESDAY

MAIN CHOICE

Roast ham
Roast chicken

SANDWICH/ROLL

Tuna
Egg

VEGETARIAN

Cauliflower cheese

VEGETABLES & SIDES

Cabbage
Roasted carrots

PUDDING

Banana bread
Fresh fruit

THURSDAY

MAIN CHOICE

Handmade pepperoni
pizza

SANDWICH/ROLL

Sausage roll

VEGETARIAN

Margherita pizza

VEGETABLES & SIDES

Corn

PUDDING

Fresh fruit

FRIDAY

MAIN CHOICE

Breaded fish fingers
with tartar sauce

SANDWICH/ROLL

None

VEGETARIAN

Cheesy pesto
pinwheels

VEGETABLES & SIDES

Chips, peas

PUDDING

Oatmeal cookie
Fresh fruit



LUNCH MENU

WEEK 2

28 SEPTEMBER -
2 OCTOBER

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

MONDAY

MAIN CHOICE
Baked potato and
tuna

SANDWICH/ROLL
Bacon roll

VEGETARIAN
Baked potato and
beans and/or cheese

VEGETABLES & SIDES
Mixed vegetables

PUDDING
Fresh fruit

TUESDAY

MAIN CHOICE
Chicken stir fry

SANDWICH/ROLL
Cheese

VEGETARIAN
Egg fried rice

VEGETABLES & SIDES
Spring rolls
Asian coleslaw

PUDDING
Jelly
Fresh fruit

WEDNESDAY

MAIN CHOICE
Lasagne

SANDWICH/ROLL
Tuna
Egg

VEGETARIAN
Pesto pasta

VEGETABLES & SIDES
Garlic bread
Broccoli

PUDDING
Cheese and biscuits
Fresh fruit

THURSDAY

MAIN CHOICE
Handmade pepperoni
pizza

SANDWICH/ROLL
Sausage roll

VEGETARIAN
Margherita pizza

VEGETABLES & SIDES
Corn

PUDDING
Fresh fruit

FRIDAY

MAIN CHOICE
Breaded fish fingers
with tartar sauce

Hamburgers
SANDWICH/ROLL
None

VEGETARIAN
Veggie hamburgers

VEGETABLES & SIDES
Chips, peas

PUDDING
Beetroot brownie
Fresh fruit



LUNCH MENU

WEEK 3

5 - 9
OCTOBER

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

MONDAY

MAIN CHOICE
Baked potato and
tuna

SANDWICH/ROLL
Cheese

VEGETARIAN
Baked potato and
beans and/or cheese
Cheesy pasta

VEGETABLES & SIDES
Mixed vegetables

PUDDING
Fresh fruit

TUESDAY

MAIN CHOICE
Chicken curry

SANDWICH/ROLL
Ham

VEGETARIAN
Veggie curry

VEGETABLES & SIDES
Naan bread
Pakora

PUDDING
Yoghurt
Fresh fruit

WEDNESDAY

MAIN CHOICE
Sausage and mash

SANDWICH/ROLL
Tuna

VEGETARIAN
Veggie sausage

VEGETABLES & SIDES
Green beans

PUDDING
Rhubarb and
strawberry crumble
Fresh fruit

THURSDAY

MAIN CHOICE
Handmade pepperoni
pizza

SANDWICH/ROLL
Sausage roll

VEGETARIAN
Margherita pizza

VEGETABLES & SIDES
Corn

PUDDING
Fresh fruit

FRIDAY

MAIN CHOICE
Breaded fish fingers
with tartar sauce

SANDWICH/ROLL
None

VEGETARIAN
Macaroni cheese

VEGETABLES & SIDES
Chips, peas

PUDDING
Fresh fruit
Carrot cake