

LUNCH MENU – WEEK 1

12th Oct, 9th Nov, 30th Nov

Available Every Day - Wholemeal Bread, Salad Bar, Fruit, Low Fat Yoghurts, Milk and Water.
All Special Diets catered for please speak to your schools Kitchen Manager for advice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DF Cheese DF/GF Pizza	DF/GF Beef Bolognaise with GF Pasta	DF/GF Chicken & DF Stuffing	DF/GF (Cheese) Burger in DF/GF Bun	DF Jumbo Breaded Fish Finger or DF/GF Fish Fingers
DF/GF Veggie Sausage	DF Curried Noodles with DF Quorn Pieces	DF/GF Cauliflower Bites	DF/GF Veggie (Cheese) Burger in a DF/GF Bun	
DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings
DF/GF Egg Mayo Bun	DF/GF Tuna Bun	DF/GF Cheese Bun	DF/GF Ham Bun	DF/GF Ham & Cheese Bun
DF/GF Pasta, Corn on the Cob	Mixed Vegetables	Roast Potatoes, Fresh Seasonal Vegetables & Gravy	Coleslaw & Sweetcorn	Chips or GF Pasta, Peas, Salad & Tomato Ketchup
Alpro Choc Yoghurt DF/GF	DF/GF Pip Lolly	DF/GF Ice Cream	DF Fruity Shortbread or DF/GF Fruit Iced Smoothie	DF Lemon Drizzle Cake DF/GF Lolly





LUNCH MENU – WEEK 2

19th Oct, 16th Nov, 7th Dec

Available Every Day - Wholemeal Bread, Salad Bar, Fruit, Low Fat Yoghurts, Milk and Water.

All Special Diets catered for please speak to your schools Kitchen Manager for advice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & DF/GF Cheese DF/GF Pasta Bake	DF/GF Cheese & Tom Bun Pizza DF/GF Pasta	DF/GF Butchers Pork Sausages	DF Butchers Pork Meatballs in Tom. Sauce served in DF Finger Bun	DF Chicken Nuggets or GF Fish Fingers
DF/GF Veggie Bolognese with DF/GF Pasta			DF/GF Vegan Meatballs in Tomato Sauce with DF/GF Bun	DF Veggie Nuggets
DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings
DF/GF Egg Bun	DF/GF Tuna Bun	DF/GF Cheese Bun	DF/GF Ham Bun	DF/GF Fish Finger Bun
DF Garlic Bread, Peas or Salad	Corn on the Cob or Salad	Roast or Mash Potato, Fresh Seasonal Vegetables & Gravy	Potato Wedges & Mixed Vegetables	Chips or GF Pasta, Sweetcorn or Salad & Tomato Ketchup
DF/GF Fruit Iced Smoothie	DF/GF Fresh Fruit Platter	DF Pineapple Cake or GF/DF Lolly	DF Cookie or DF/GF Fruit Iced Smoothie	DF Chocolate & Date Krispie Cake or DF/GF Alpro Chocolate Yoghurt



LUNCH MENU – WEEK 3

5th Oct, 2nd Nov, 23rd Nov, 14th Dec



Available Every Day - Wholemeal Bread, Salad Bar, Fruit, Low Fat Yoghurts, Milk and Water.

All Special Diets catered for please speak to your schools Kitchen Manager for advice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DF/GF Rich Pasta Bake & DF Garlic Bread	DF/GF Chicken Curry & Rice	DF/GF Roast Gammon & Pineapple	DF/GF Salmon & Broccoli Tomato DF/GF Pasta Bake	DF/GF Butchers Sausages
GF Sweet Chilli Halloumi & GF Pasta	DF Veggie Nuggets		DF/GF Veggie Sausage	
DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings	DF/GF Jacket Potato with Various Fillings
DF/GF Egg Bun	DF/GF Cheese Pizza Bun	DF Cheese Bun	DF/GF Sausage Bun	DF/GF Tuna Bun
Mixed Vegetables	Rice & Peas	Roast, Seasonal Vegetables & Gravy	Corn on Cob	Chips or DF/GF Pasta, Peas or Salad & Tomato Sauce
Fruit or Alpro Soya Yoghurt	DF Raspberry Flapjack or DF/GF Lolly	DF/GF Ice Cream	DF Vegan Chocolate Brownie or DF/GF Lolly	DF Cookie or DF/GF Fruit Iced Smoothie