



LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

2nd November 2020

Main Option

Meat Free

And To Go With

Scrummy Puds

Staff Lunch

Carrot and Coriander Soup

Selection of Sandwiches

Yoghurts

Selection Fresh Fruit

Three
*Cheese Pizza with
*Vegetables or *Pepperoni

Crisp Green Salad with Olives

Potato Wedges

Greek *Yoghurt with a selection of *Seeds and Honey

*Chicken or *Chickpea and Bean Curry

Basmati Rice

Cucumber and Tomato Salsa

*Naan Bread

Poached Pears with a Chocolate Sauce

Firework Lunch

*Sausage or *Vegetarian Catherine Wheels

Mini Roasted New Potatoes Topped With *Cheese

*Sweetcorn

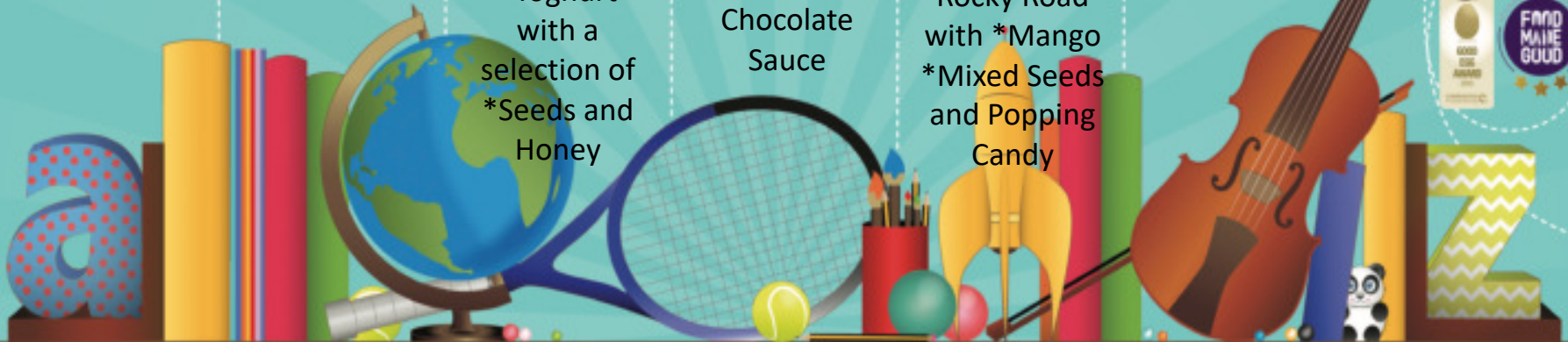
Rocky Road with *Mango *Mixed Seeds and Popping Candy

Packed Lunch

Packed Lunch

Morning Snack Fresh Fruit or Vegetable Sticks

* Shows Hidden Proteins





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

9th November
2020

Main Option

*Vegetable and
*Chickpea
Bolognaise

*Beef or
*Vegetarian
Meatballs
In a Tomato
Sauce

*Vegetable and
*Green Lentil
Curry

*Cod in Batter

*Vegetable and
Lentil Burger

Packed Lunch

Morning
Snack
Fresh Fruit
Slice or
Vegetable
Sticks

Meat Free

*Wholemeal
Pasta

Couscous

*Brown Rice

Lemon
Mayonnaise

Packed Lunch

And To Go With

Tomato,
Cucumber and
Basil Salad
*Grated Cheese

Spinach and
*Paneer
Cheese Bake

Naan Bread

Home baked
Potato Wedges

* Shows
Hidden
Proteins

Courgette
*Honey Cup
Cakes

Fine Green
*Beans

Cucumber,
Mint and
Tomato Salsa
With *Pumpkin
Seeds

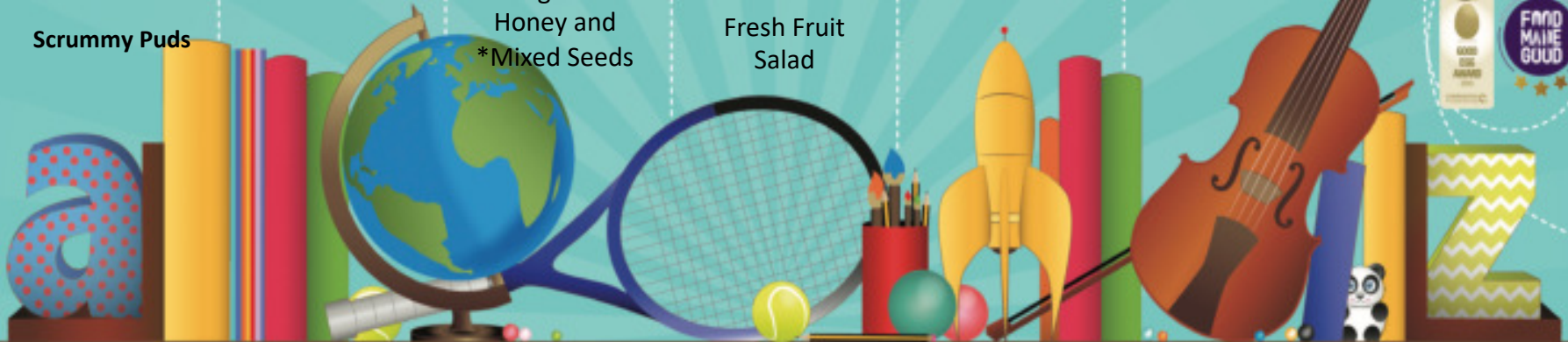
Carrot Batons

*Apple
Crumble and
*Custard

Scrummy Puds

*Greek
Yoghurt
Honey and
*Mixed Seeds

Fresh Fruit
Salad





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

23rd November
2020

Main Option

Meat Free

And To Go With

Scrummy Puds2

*Chicken
Goujons in
Breadcrumbs

Cauliflower
*Cheese with
Sweet Potato

New Baby
Potatoes
*Broccoli Trees
Savoy Cabbage

*Pear and
Cherry
Crumble with
*Custard

Vegetable Stir
Fry With
*Mixed Beans,
*Chickpeas
and Paneer
*Cheese

Egg Noodles or
Rice Noodles
Green Salad

*Greek Yoghurt
Honey and a
selection of
Seeds

*Beef or
*Vegetable and
Lentil
Chili Con Carne

Basmati Rice
Grated Cheese

Tortilla Chips
Tomato,
Cucumber and
Olive Salad

Fresh Melon
and Pineapple
Slices

*Vegetable
Lasagne with a
*Cheese Sauce

* Roasted
Sweet Potato
and *Chickpea
Salad

Naan Bread

Peach slices and
Fruit Sauce

Packed Lunch

Packed Lunch

Morning Snack
Fresh Fruit or
Vegetables

* Shows Hidden
Proteins





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

16th
November 2020

Main Option

*Mixed Bean and Pasta Bake with Sundried Tomatoes with a Garlic Breadcrumb Topping

*Sausage or *Vegetable Plait In Puff Pastry

Home Baked *Jacket Potato
*Tuna Mayonnaise

Wellness Morning Break
*Hot Chocolate and *Veg Brownie

Packed Lunch

Morning Snack
Fresh Fruit Slices or Vegetable Sticks

Meat Free

Tomato Sauce
Roasted New Potatoes

*Grated Cheese

*Cod Fish Fingers

* Shows Hidden Proteins

And To Go With

*Grated Cheese Carrot Batons and * Garden Peas

White Cabbage and *sweetcorn

*Hot Five Bean Salad

*Vegetable Pasta Bake
Garlic Bread

Packed Lunch

Scrummy Puds

Fruit Sponge with Honey and *Mixed Seeds

*Greek Yoghurt with Honey and a selection of Seeds

Mixed Fruit Crumble
*Custard

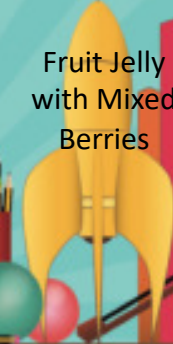
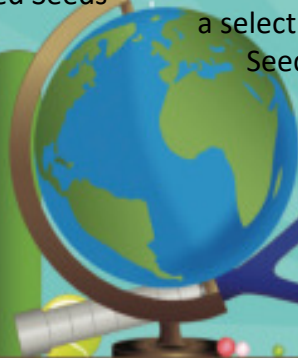
Oven Baked Chips

*Fine Green Beans

Fruit Jelly with Mixed Berries



Week One





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

30th November
2020

Main Option

Meat Free

And To Go With

Scrummy Puds

*Cod Fish Fingers
Tomato Sauce

Vegetable and
*Lentil Pasta Bake

Oven Baked Chips

Carrot Discs

*Greek Yoghurt
Berry Sauce

*Three Cheese
Pizza With
*Pepperoni
or
Vegetable
Topping

*Mixed Green
Salad With
Beans

Tomato and Olive
Salad with
Basil Oil
and

*Pumpkin Seeds

Fresh Fruit Salad

*Vegetable
and
*Chickpea
Korma Curry

Basmati Rice

Cucumber and
Tomato Salsa

*Naan Bread

Seasonal
Sliced Fruit
Selection

*Roast Lamb

*Five Bean
Vegetable
Stir Fry

*Mini Roast
Potatoes
*Yorkshire
Pudding
Gravy

Mixed
Vegetables

*Roast Parsnips
in Honey

*Peach Slices
and Winter
Berry Sauce

School Fair

Packed Lunch

Packed Lunch

Morning Snack
Fresh Fruit Slices
or Vegetable
Sticks

* Shows Hidden
Proteins



Week One





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

7th December 2020

Main Option

- Vegetable and Lentil Spaghetti Bolognaise

Vegetable and *Chickpea Moroccan Chilli

*Cod in Batter

*Roast Chicken with Honey and Rosemary

Packed Lunch

Penne Pasta

Basmati Rice

Oven Baked Chips

*Pizza with Roast Vegetable topping

Morning Snack
Fresh Fruit Slices or Vegetables Sticks

Meat Free

- Fine Green *Beans
- *Carrot Batons

Tomato and Cucumber Salsa with Mint

*Hot Five Bean Salad

Mini Roast Potatoes

Packed Lunch

* Shows Hidden Proteins

And To Go With

- *Greek Yoghurt
- Honey and a Selection of *Seeds

*Mixed Berry Sponge with a Fruit Sauce

*Banana and Chocolate Flapjack

*Fine Green Beans

Watermelon and Pineapple Slices

Scrummy Puds



Week One





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

14th January
2021

Main Option

*Vegetable
and *Bean
Pasta
Bake
With *Cheese
Topping

*Chicken or
*Chickpea and
Lentil
Curry

*Cod In Batter

*Roast Chicken
with Honey
and Rosemary

Packed Lunch

Meat Free

Fine Green
*Beans
Carrot Batons

Basmati Rice
Cucumber and
Tomato Salsa

Oven Baked Chips
*Broccoli and
Cauliflower Trees

*Five Bean
Chill in a taco
shell

Morning Snack
Fresh Fruit Slices
or Vegetables
Sticks

And To Go With

*Greek
Yoghurt
Honey and a
Selection of
*Seeds

*Poached Pears
with a
Chocolate Sauce

*Vegetable Bites
Tomato Sauce

*Fine Green
Beans

Packed Lunch

* Shows Hidden
Proteins

Scrummy Puds

*Banana and
Chocolate
Flapjack

Watermelon
And Pineapple
Slices



Week One





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

21 January 2021

Main Option

*Pork Sausage
In a Bun

*BBQ Chicken

Vegetable and

*Cod Fillet in
Batter

Morning Snack

*Vegetable
Sausage in a
Bun

Mini Herb
Roast Potatoes

*Lentil
Casserole

Tomato Sauce

Packed Lunch

Fresh Fruit Slice
or Vegetable
Sticks

Meat Free

Carrot Batons
and *Peas

Pasta Bake
With
*Paneer
Cheese and
*Beans

Basmati Rice

*Vegetable
Burger

Packed Lunch

* Shows Hidden
Proteins

And To Go With

Herby Potato
Wedges

Broccoli
Garden Peas

Olive,
Cucumber and
Carrot Salad

Oven Baked
Chips

Packed Lunch



Scrummy Puds

Water Melon
and Pineapple
slices

Pears and
Apple Crumble
with *Custard

*Greek
Yoghurt
Honey and
Mixed *Seeds

Selection of
*Cheeses,
*Carrot sticks
and Apple
Wedges

