

# LUNCH

w/c 05.01.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise with optional garlic bread	Roast chicken with a fresh gravy	Chinese pork	Chicken & pepper tray bake	MSC breaded fish fillet
MEAT FREE	Garlic mushrooms on toast	Vegetable lasagne	Vegetable curry with lentils	Chinese mushrooms with egg noodles	Sweet potato falafel
ON THE SIDE	50/50 pasta Carrots, peas & green beans	Roast potatoes, seasonal mixed vegetables & sweetcorn	Steamed rice, broccoli florets & vegetable stir fry	Mini roast potatoes Carrots & cabbage	Oven chips British peas & baked beans
CRUDITIES	Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities
PASTA/JACKET BAR	Pasta with sauces & sides	Jacket potato with baked beans & grated cheese	Pasta with sauces & sides	Jacket potato with baked beans & grated cheese	Pasta with sauces & sides
DESSERT	Apple oat crumble with vanilla custard	Traditional school tray bake	Honey oat cookies	Oat topped banana muffin	Baked wholemeal scones with jam
EVERY DAY	SELECTION OF YOGURT & FERSHLY CUT FRUIT				
MORNING BREAK	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits with fresh fruit

# LUNCH

w/c 12.01.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pork & peppers with a sweet & sour sauce	Remembrance Day Roast chicken dinner with stuffing & gravy	Minced beef & vegetable pie	Chicken fillet with a garlic butter sauce	Butcher's sausages & onions
MEAT FREE	Tortellini formaggio with a nut free pesto	Vegetable noodles	Vegetable stew	Cheese & potato pie	Tortilla triangles
ON THE SIDE	Steamed rice Broccoli & sweetcorn	Roast potatoes Carrots & greens	Mashed potatoes British peas & carrots	Diced potatoes Carrots & cabbage	Oven chips Baked beans & British garden peas
CRUDITIES	Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities
PASTA/JACKET BAR	Pasta with sauces & sides	Jacket potato with baked beans & grated cheese	Pasta with sauces & sides	Jacket potato with baked beans & grated cheese	Pasta with sauces & sides
DESSERT	Honey flapjack	Victoria sandwich	Low sugar Oat apple crumble & custard	Wholemeal shortbread finger	Carrot muffins
EVERY DAY	SELECTION OF YOGURT & FERSHLY CUT FRUIT				
MORNING BREAK	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits with fresh fruit



# LUNCH

w/c 19.01.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken curry with optional naan bread	Butcher's sausages with gravy	Lasagne with optional garlic bread	Roast pork with apple sauce & gravy	Chicken fajitas with salsa & a tortilla wrap
MEAT FREE	Stuffed mushrooms	Lentil cottage pie	Cauliflower cheese	Cheddar & pepper tortilla quiche	Veggie burritos
ON THE SIDE	Steamed rice Cabbage & sweetcorn	Mashed potatoes Carrots & cauliflower	Herby roast potatoes Green beans & carrots	Roast potatoes Steamed carrots & broccoli	Oven chips Baked beans, British garden peas & sweetcorn
CRUDITIES	Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities	Seasonal crudities
PASTA/JACKET BAR	Pasta with sauces & sides	Jacket potato with baked beans & grated cheese	Pasta with sauces & sides	Jacket potato with baked beans & grated cheese	Pasta with sauces & sides
DESSERT	Dairy free brownie	Banana loaf	Blueberry cup cake	Apple crumble & custard	Dairy free lemon sponge
EVERY DAY	SELECTION OF YOGURT & FERSHLY CUT FRUIT				
MORNING BREAK	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits with fresh fruit