

# 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                       | Butcher's sausages                       |
| 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<br>Carrots, peas & green beans      | Roast potatoes, seasonal mixed vegetables & sweetcorn | Steamed rice, broccoli florets & vegetable stir fry | Mini roast potatoes<br>Carrots & cabbage         | Oven chips<br>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        | Minced turkey wraps with salsa                  | Chilli con carne with nachos                      | BBQ chicken with peppers                        | Roast gammon loin                                | Butcher's beef burger                                       |
| MEAT FREE        | Mixed bean chilli                               | Roasted chickpea wraps                            | Sweetcorn fritters with salsa                   | Roasted root vegetables with lentils             | Cheddar & broccoli quiche                                   |
| ON THE SIDE      | Diced potatoes<br>Green beans & sweetcorn       | Steamed rice<br>Savoy cabbage & steamed carrots   | Mini potato wedges<br>Carrots & broccoli        | Roast potatoes<br>Cabbage & broccoli             | Oven chips<br>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          | Honey flapjack                                  | Chocolate sponge with a low sugar chocolate sauce | Banana loaf                                     | 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                    | Oven cooked chicken kebab                          | Roast pork with a fresh gravy                    | Breaded MSC fish fillet                                    |
| MEAT FREE        | Stuffed mushrooms  | Lentil cottage pie                               | Cauliflower cheese                                 | Cheddar & pepper tortilla quiche                 | Veggie burritos  |
| ON THE SIDE      | Steamed rice<br>Green beans & sweetcorn<br>Lentil & spinach dhal | Mashed potatoes<br>Carrots & cauliflower         | Herby baked potato wedges<br>Green beans & carrots | Roast potatoes<br>Steamed carrots & broccoli     | Oven chips<br>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   | Strawberry shortcake                             | Blueberry cup cake                                 | Pear & chocolate sponge with vanilla 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                          |