

Lunch Menu

WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V) 	Chilli Con Carne & Fiesta Rice Lamb Chilli Con Carne & Fiesta Rice (H) 	Roast Gammon with Gravy & Roasties Roast Chicken, Roasties & Gravy Grilled Chicken Sausages, Gravy & Roasties or Mash (H) 	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips or Grilled Sausage & Chips
Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve) 	Chilli Sin Carne & Fiesta Rice (Ve) 	Roast Quorn, Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice 	Cheese & Tomato Pizza & Wedges/Chips
Vegan Sausage Roll (Ve) 	Cheesy Meatball Arrabbiata Toasted Baguette 	Brunch Pot 	Crispy Pork or Beef Soft Taco 	Pepperoni Pizza & Wedges/Chips
Tomato & Basil Pasta 	Sweet Chilli Chicken Pasta 	Chicken Tikka & Steamed Rice 	Sweet & Sour Chicken Noodles 	Pasta Arrabbiata
Mediterranean Chicken 	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
Baked Beans Broccoli Mixed Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Mixed Salad	Baked Beans Mixed Vegetables Mixed Salad	Baked Beans Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans Peas Mixed Salad
Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard 	Giant Chocolate Cookie	Apple Crumble & Custard

Lunch Menu

WEEK TWO – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese & Tomato Mac 'n' Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (H) 	Roast Chicken, Crispy Roasties & Gravy Roast Pork, Crispy Roasties & Gravy Grilled Chicken Sausages, Gravy & Roasties or Mash(H) 	Thai Yellow Chicken & Vegetable Curry Mixed Rice Thai Yellow Chicken & Vegetable Curry Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips Jacket Potato & Salmon Mayo
	Buffalo Burrito (Ve) 	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V)
	Dirty Quorn & Cheesy Bean Burger (V) 	Fish Finger Bap & Mayo or Ketchup 	BBQ Chicken Snack Wrap 	Veggie Breakfast Frittata (V) 	Pepperoni Pizza & Wedges/Chips
	Vegetable Tikka & Mixed Rice 	Beef Bolognese Pasta Pot 	Chicken Jalfrezi & Steamed Rice 	Veggie Pasta Pot 	Tomato & Basil Pasta
		Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
	Baked Beans Garlic Bread Green Beans Garden Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Garden Salad 	Baked Beans Seasonal Mixed Vegetables Garden Salad 	Baked Beans Asian Slaw, Garlic Green Beans Garden Salad 	Baked Beans Peas Garden Salad
	Lemon & Blueberry Slice & Custard 	Baked Chocolate Cup	Baked Vanilla Sponge & Custard 	Cornflake Cake	Giant Chocolate Cookie

Slow-Release Energy Foods



For a Healthy Gut



Brain Boost



Contains Calcium



Contains Iron



Contains Protein



Lunch Menu

WEEK THREE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spanish Omelette & Pepper & Tomato Sauce &</p> <p> </p> <p>Garlic Bread (V)</p>	<p>Chicken & Vegetable Enchilada, Savoury Rice</p> <p> </p> <p>Chicken & Vegetable Enchilada, Savoury Rice (H)</p> <p> </p>	<p>Cottage Pie</p> <p> </p> <p>Shepherd's Pie & Gravy (H)</p> <p> </p>	<p>Chicken & Vegetable Korma, Gunpowder Potatoes OR Chicken & Vegetable Korma, Gunpowder Potatoes (H)</p> <p> </p> <p><i>Alternatively, can be served with Half Mixed Rice & Gunpowder Potatoes</i></p>	<p>Sustainably Sourced Battered Fish & Chips</p> <p>Oven Baked Chicken Goujons & Chips</p> <p> </p>
<p>Veggie Bolognese Pasta Bake (V)</p> <p> </p>	<p>Mexican Vegetable Stew & Baked Tortilla (Ve)</p> <p> </p>	<p>Classic Mac 'n' Cheese, Cheesy Herb Crumb (V)</p> <p> </p>	<p>Roasted Cauliflower & Sweet Potato Curry, Gunpowder Potatoes (Ve)</p> <p> </p> <p><i>Alternatively, can be served with Half Mixed Rice & Gunpowder Potatoes</i></p>	<p>Cheese & Tomato Pizza & Wedges/Chips (V)</p> <p> </p>
<p>Vegetable Cheeseburger (V)</p> <p> </p>	<p>Panini of the Day Pepperoni or Cheesy Bean (V)</p> <p> </p> <p>Pizza Topped Baguette Pepperoni or Margherita (V)</p> <p> </p>	<p>Halal Chicken Sausage Roll</p> <p> </p>	<p>BBQ Veggie Melt (V)</p> <p> </p>	<p>Pepperoni Pizza & Wedges/Chips</p> <p> </p>
<p>Vegetable Tikka Masala & Rice</p> <p> </p>	<p>Tomato & Basil Pasta Pot</p> <p> </p>	<p>Sweet & Sour Chicken Noodles</p> <p> </p>	<p>Pesto Pasta Pot</p> <p> </p>	<p>Beef Bolognese Pasta Pot</p> <p> </p>
	<p>Mediterranean Chicken</p> <p> </p>	<p>Piri Piri Chicken</p> <p> </p>	<p>Mediterranean Chicken</p> <p> </p>	<p>Chicken Tikka</p> <p> </p>
<p>Baked Beans</p> <p> </p> <p>Garlic Green Beans</p> <p> </p> <p>Garlic Bread, Garden Salad</p> <p> </p>	<p>Baked Beans</p> <p> </p> <p>Roasted Sweetcorn Wedges, Garden Salad</p> <p> </p>	<p>Seasonal Mixed Vegetables</p> <p> </p> <p>Garden Salad</p> <p> </p>	<p>Baked Beans</p> <p> </p> <p>Steamed Broccoli</p> <p> </p> <p>Peas</p> <p> </p> <p>Mixed Salad</p> <p> </p>	<p>Baked Beans</p> <p> </p> <p>Peas</p> <p> </p> <p>Mixed Salad</p> <p> </p>
<p>Flapjack</p> <p> </p>	<p>Marble Chocolate Sponge & Custard</p> <p> </p>	<p>Jammie Cookie Cup</p> <p> </p>	<p>Iced Orange & Ginger Traybake</p> <p> </p>	<p>Homemade Lemon Drizzle Cake</p> <p> </p>

Lunch *Menu*



Slow-Release
Energy Foods



For a
Healthy Gut



Brain
Boost



Contains
Calcium



Contains
Iron



Contains
Protein

