














# Lunch Menu

Spring Summer

WEEK ONE 14<sup>th</sup> April, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> June, 7<sup>th</sup> July, 28<sup>th</sup> July, 8<sup>th</sup> Sept, 29<sup>th</sup> Sept, 20<sup>th</sup> Oct

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
<b>STAR DISH</b>	Spring Harvest Quesadilla with Cheese, Potato, Spring Onion and Tomato Salsa (V)  	Chilli BBQ Beef & Bean Ragu with Rice   	Roast Chicken with Gravy & Roasties   	Chicken, Tomato & Coconut Dhal with Steamed Mixed Rice   	Sustainably Sourced Battered Fish & Chips 
<b>MEAT FREE</b>	Crispy Onion Mac & Cheese (V) 	Falafel Power Bowl with Hummus, Grains & Rice (Ve)   	Roast Quorn with Gravy & Roasties 	Roasted Coriander Sweet Potato & Chickpea with Tomato & Coconut Dhal with Steamed Mixed Rice (Ve)   	Cheese & Tomato Pizza & Wedges/Chips  
<b>GRAB &amp; GO</b>	Vegan Sausage Roll (Ve) 	Chicken Burger   	Roasted Vegetable & Hummus Panini   	Loaded Wedges   	Pepperoni Panini  
<b>POT 'N' TASTY</b>	Tomato & Basil Pasta 	Spicy Tomato Pasta   	Herby Tomato Pasta   	Veggie Carbonara Pasta  	Pasta Arrabbiata 
<b>SIDES</b>	Broccoli, Baked Beans    Mixed Salad, Crisp Garlic Bread	Fajita Roasted Sweetcorn & Peppers, Persian Slaw, Baked Beans    Mixed Salad	Country Mixed Vegetables, Baked Beans    Mixed Salad	Baked Beans    Garden Salad, Sri Lankan Vegetable Salad, Wedges	Peas, Baked Beans    Mixed Salad
<b>TODAY'S DESSERTS</b>	Berry Eton Mess	Iced Sponge	Frozen Yoghurt	Vegan Jelly	Apple Crumble  

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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




























V - Vegetarian VE - Vegan



# Lunch Menu

Spring Summer

WEEK TWO 21<sup>st</sup> April, 12<sup>th</sup> May, 2<sup>nd</sup> June, 23<sup>rd</sup> June, 14<sup>th</sup> July, 25<sup>th</sup> Aug, 15<sup>th</sup> Sept, 6<sup>th</sup> Oct, 27<sup>th</sup> Oct

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Cheese & Tomato Macaroni Cheese (V)  	Kashmiri Spice Bowl with Beef & Mixed Rice    	Roast Chicken Crispy Roasties & Pan Gravy  	Meatballs with Cheese and Arrabbiata Sauce & Penne Pasta  	Sustainably Sourced Battered Fish & Chips 
MEAT FREE	Buffalo Cauliflower & Mixed Bean Burrito   	Cheesy Quorn Meatballs with Arrabbiata Sauce & Penne Pasta  	Roasted Sweet Potato & Cheese Tart with Roast Potatoes  	Veggie mince Cottage Pie   	Cheese & Tomato Pizza & Chips  
GRAB & GO	Sausage Roll  	Chicken Goujon Wrap   	Pepperoni Panini 	Chicken or Steak Slice 	Various Panini's  
POT 'N' TASTY	Arrabbiata Pasta   	Tomato & Basil Pasta 	Pasta Carbonara   	Veggie Pasta Pot   	Veggie Bolognese Pasta Pot    
SIDES	Broccoli, Baked Beans    Mixed Salad, Crisp Garlic Bread   	Fajita Roasted Sweetcorn & Peppers, Slaw, Baked Beans    Mixed Salad   	Seasonal Mixed Vegetables, Baked Beans    Mixed Salad   	Baked Beans    Coleslaw, Garlic Green Beans, Garden Salad   	Peas, Baked Beans    Mixed Salad   
TODAY'S DESSERTS	Lemon & Blueberry Slice 	Shortbread	Iced Vanilla Sponge with Custard 	Jelly	Chocolate Cornflake Cake

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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V - Vegetarian VE - Vegan



# Lunch Menu

Spring, Summer

WEEK THREE 28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July, 1<sup>st</sup> Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
<b>STAR DISH</b>	Roasted Cauliflower Cheese with Potato Wedges  	Beak Street BBQ Chicken with Savoury Rice  	Greek Style Layered Lamb & Pasta Bake    	Butter Chicken Curry with Rice    	Oven Baked Chicken Goujons & Chips 
<b>MEAT FREE</b>	Vegetable Bolognese Pasta with Garlic Bread Slice   	Jacket Potato with Cheese/Beans or Tuna   	Greek Style Vegetable Pastitsio (Layered Pasta Bake)  	Jacket Potato with Cheese/Beans or Homemade Coleslaw   	Cheese & Tomato Pizza & Chips  
<b>GRAB &amp; GO</b>	Vegetable Cheeseburger (V)  	Cheese & Tomato Pizza  	Sausage Roll 	BBQ Veggie Melt Wedges (V)  	Various Panini's  
<b>POT 'N' TASTY</b>	Vegetable Pasta   	Tomato & Basil Pasta 	Spicy Pasta Sauce & Penne Pasta    	Tomato & Herb Pasta Pot (Ve) 	Veggie Bolognese Pasta Pot    
<b>SIDES</b>	Broccoli, Baked Beans    Mixed Salad, Crisp Garlic Bread	Baked Beans    Garden Salad, Roasted Sweetcorn, Wedges	Italian Garden Salad, Country Mixed Vegetables	Baked Beans    Steamed Broccoli	Peas, Baked Beans    Mixed Salad
<b>TODAY'S DESSERTS</b>	Angel Delight	Chocolate Sponge with Custard 	Lemon Drizzle Slice	Iced Orange & Ginger Traybake with Custard 	Choc Chip Shortbread

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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