

Lunch Menu

w/c
2nd Nov



 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Carrot & Coriander Soup	Chef Choice Soup	Leek & Potato Soup	Chef Choice Soup	Tomato & Basil Soup
2 Wholemeal Pizza, Wedges & Beans 	Chicken Dhansak with Rice & Naan Bread	Meatball Sub with Salad & Tortilla Chips	Turkey Roast Dinner with Seasonal Vegetables & New Potatoes	Fish Fingers with Chips & Garden Peas
3 Vegetarian Chilli with Wholemeal Rice 	Cheese & Onion Plate Pie with Seasonal Vegetables 	Cheesy Bean Wholemeal Pasta 	Twice Baked Jacket Potatoes 	Vegetable Curry & Wholemeal Rice 
Fresh Fruit Salad & Yoghurt	Fresh Fruit & Yoghurt	Pineapple & Coconut Sponge	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY



Vegetarian



Vegan



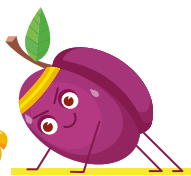
Oily Fish



Cookery Coach Recipe

Please speak to a member of staff about dietary requirements and scan the QR code for our allergen matrix.

All menus are checked by a nutritionist and adhere to School Food Standards.



Lunch Menu

w/c
9th Nov



 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable & Lentil Soup	Chef Choice Soup	Garden Pea Soup	Chef Choice Soup	Chinese Sweetcorn Soup
2 Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread 	Homemade Spanish Chicken with Wholemeal Rice & Green Beans	Sausage & Homemade Mash with Gravy & Peas	Homemade Scouse with Crusty Bread & Pickled Beetroot	Homemade Battered Fish or Fishcake with Chips & Garden Peas
Meat Free Burritos 	Roasted Pepper & Cheese Tomato Quiche 	Singapore Noodles 	Vegetable & Cheese Quesadillas 	Veggie Burger in a Bun with Chips & Garden Peas 
3 Fresh Fruit Salad & Yoghurt	Fresh Fruit & Yoghurt	Apple & Oat Crumble with Pouring Cream	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY



Vegetarian



Vegan



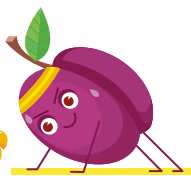
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Lunch Menu

w/c
16th Nov



 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Broccoli & Cheddar Soup	Chef Choice Soup	Leek & Potato Soup	Chef Choice Soup	Split Pea Soup
2 Sri Lankan Sweet Potato & Coconut Curry with Rice 	Chicken Noodles	Chicken Pie with Seasonal Vegetables & New Potatoes	All Day Breakfast	Fish Fingers or Tandoori Salmon  with Chips & Mushy Peas
Cherry Tomato & Cheese Quiche with Salad 	Wholemeal Tomato Pasta Bake 	Twice Baked Jacket Potatoes 	Vegetarian All Day Breakfast 	Veggie Fingers with Chips & Mushy Peas 
3 Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit Salad & Yoghurt	Fresh Fruit Trifle	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY



Vegetarian



Vegan



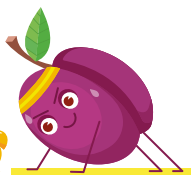
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Lunch Menu

w/c
23rd Nov



 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roast Pepper Soup	Chef Choice Soup	Tomato & Basil Soup	Chef Choice Soup	Leek & Potato Soup
2 Wholemeal Pizza with Wedges & Beans 	Chicken Katsu Curry with Wholemeal Rice	Spaghetti Bolognese with Salad & Garlic Bread	Cumberland Sausage Slice with Mash & Gravy	Homemade Battered Fish or Fishcake with Chips & Beans
Spanish Omelette with Salad 	Wholemeal Broccoli & Cream Cheese Pasta Bake 	Vegetable & Rice Enchiladas 	Halloumi Fajitas 	Spicy Singapore Noodles 
3 Fresh Fruit Salad & Yoghurt	German Apple Cake	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY



Vegetarian



Vegan



Oily Fish



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Lunch Menu

w/c
30th Nov



 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Carrot & Ginger Soup	Chef Choice Soup	Roasted Vegetable Soup	Chef Choice Soup	Chinese Sweetcorn Soup
2 Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread 	Corned Beef Hash with Peas	Beef Tacos	Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis	Fish Fingers with Chips & Garden Peas
3 Vegetable Biryani 	Cheese & Tomato Panini with Salad 	Wholemeal Macaroni Cheese 	Singapore Noodles 	Vegetarian Sausage Roll with Chips & Beans 
3 Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Sticky Toffee Pudding	Fresh Fruit Salad & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

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Oily Fish



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Lunch Menu

w/c
7th Dec



 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tomato & Basil Soup	Chef Choice Soup	Leek & Potato Soup	Chef Choice Soup	Broccoli & Cheddar Soup
2 Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread 	All Day Breakfast	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Kuku Paka 	Fish Fingers or Tandoori Salmon  with Chips & Mushy Peas
Meat Free Burritos with Salad 	Vegetarian All Day Breakfast 	Vegetable Paella 	Pesto Pasta 	Vegetarian Sausage Roll with Chips Mushy Peas 
3 Fresh Fruit Salad & Yoghurt	Fresh fruit & Yoghurt	Fresh Fruit & Yoghurt	Apple Flapjacks	Cheese & Crackers, Fresh fruit & Yoghur
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY



Vegetarian



Vegan



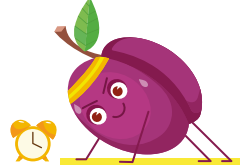
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Lunch Menu

w/c
14th Dec



 MONDAY	TUESDAY	CHRISTMAS DINNER	THURSDAY	FRIDAY
1 Vegetable & Lentil Soup	Chef Choice Soup	Spiced Parsnip Soup	Chef Choice Soup	Chinese Sweetcorn Soup
2 Veggie Wholemeal Spaghetti Bolognese with Salad & Garlic Bread 	Sausage Casserole	Roast Turkey, Roast Potatoes, Stuffing, Pigs in Blankets, Sprouts, Carrot, Turnip	Chef Choice Curry with Wholemeal Rice	Fish Fingers or Salmon Fish Pie  with Chips & Mushy Peas
3 Welsh Rarebit 	Individual Vegetable & Cheese Omelette with Salad 	Vegetarian Roast, Roast Potatoes, Stuffing, Sprouts, Carrot, Turnip 	Cheese & Tomato Toasties with Salad 	Vegetarian Sausage Roll with Chips & Mushy Peas 
Pineapple & Coconut Sponge	Fresh Fruit & Yoghurt	Festive Cookie	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

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