

Lunch Menu

Week 1



W/C 07/09, 28/09, 19/10

MONDAY Chicken Wraps Chicken & Rice 		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Roast Gammon Roasted Gammon Joint  		THURSDAY Sausage & Mash		FRIDAY Fish Fingers Breaded Pollock Fish Fingers 		
 SIDES	Vegetable Wraps Cheesy baked wraps   		Pesto Pizza Freshly made deep pan Pizza		Crispy Cheese & Lentil Bake 		Vegetable Sausage & Mash  		Vegetable Fingers Crispy Breaded Vegetable Fingers 	
	Rice & Mixed Salad		Baked Potato Wedges & Coleslaw or Salad		Roasted Potatoes, Carrots & Sweetcorn		Creamy Mash & Green Beans		Chips & Baked Beans	
	PENNE PASTA WITH	Homemade Tomato Sauce   		Nut Free Spinach & Basil Pesto 		Homemade Tomato Sauce   		Nut free Spinach & Basil Pesto 		Homemade Tomato Sauce   
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- > 										
Apple Sponge & Custard  		Jelly & Fruit Slices   		Cinnamon Cookies 		Fruit Salad   		Chocolate & Vanilla Shortbread 		
SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY										

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut

Lunch Menu

Week 2



W/C 14/09, 05/10

MONDAY Pork with Noodles		TUESDAY Margherita Pizza Freshly Made Deep Pan Pizza		WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh		THURSDAY Homemade Sausage Roll		FRIDAY Fish Fingers Breaded Pollock Fish Fingers			
Chow Mein Noodles		Veggie Delight Pizza Freshly Made Deep Pan Pizza		Vegetarian Pie Vegetable & Bean Pie		Cheese & Onion Roll		Veggie Nuggets			
SIDES	Sweetcorn		Baked Potato Wedges and Coleslaw or Salad		Roast Potatoes, Green Cabbage & Garden Peas		Garden Mash & Broccoli		Chips & Baked Beans		
	Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >											
Vanilla Sprinkle Sponge		Watermelon Sticks		Chocolate Crispy Cake		Fruit Bowls		Flapjack			
SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY											

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut

Lunch Menu

Week 3



W/C 31/08, 21/09, 12/10

MONDAY Benwick Brunch		TUESDAY Chicken Curry		WEDNESDAY Roast Chicken Roasted Marinated Chicken Thigh		THURSDAY Mac n Cheese Really Cheesy Macaroni Pasta		FRIDAY Fish Fingers Breaded Pollock Fish Fingers		
		 						 		
SIDES	Benwick Veggie Brunch		Vegetable Curry		Cheesy Vegetable Bake Butternut Squash & Parsnip		Vegetable Chilli Spiced Vegetable & Bean Chilli & Rice		Pitta Pockets Roasted Vegetables & Cheesy Pockets	
			  				  			
	Baked Beans		Wholegrain Rice & Peas		Roasted Potatoes, Broccoli & Gravy		Green Beans		Chips & Baked Beans	
PENNE PASTA WITH	Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce		Nut Free Spinach & Basil Pesto		Homemade Tomato Sauce	
	  				  				  	
< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >										
Jammy Crumble Slice		Fruit Bowls		Vanilla Ice Cream Cup		Jelly & Fruit Slices		Rainbow Shortbreads		
		  				  				
SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY										

Icon Key



Added plant power



Wholemeal



Vegan



Vegetarian



Oily fish



Full of fruit



Nutritionist's Choice



Extra Protein Power



Good for your gut