

Lunch Week One



Monday

Tuesday

Wednesday

Thursday

Friday

Main
BBQ Chicken Wraps

Meat free
BBQ Vegetable Wraps

Gluten Free
All allergens can eat from this menu

Main
Spaghetti Bolognaise

Meat free
Summer Vegetable Bolognaise

Gluten Free
Choc. Sponge

Main
Jacket Potato
Chili Beef
Tuna
Cottage Cheese
Meat free
Baked Beans
Cheddar Cheese
Chilli Vegetables

Gluten Free
All allergen's can eat from this menu

Main
Turkey Hoi-Sin Stir-fry

Meatfree
Vegetable Stir-fry

Gluten Free
Noodles

Main
Cheese and tomato baked Haddock

Meatfree
Roasted Vegetable Tarts

Gluten Free
Dairy free fish finger

Available Daily:

- Salad Bar
- Daily Proteins
- Tuna
- Cheese
- Egg



And to go with
BBQ Dressing
Potato Wedges
Mixed Salad
Pudding
Fresh Fruit pots

And to go with
Spaghetti

Pudding
Chocolate and Orange
Brownie

And to go with
Summer salad

Pudding
Fresh Fruit pots

And to go with
Noodles

Pudding
Blueberry and Banana
Smoothie

And to go with
Potato Wedges and
Peas

Pudding
Fresh fruit pots



Lunch Week Two



Monday

Tuesday

Wednesday

Thursday

Friday

Main
Chicken Sausage
Hotdog with Fried
Onion

Meatfree
Quorn Sausage Hotdog
with Fried Onion

Gluten Free
All allergens can eat
from this menu

Main
Taco Tuesday
Beef Tacos

Meatfree
Vegetable Tacos

Gluten Free
Fruit Sorbet

Main
Chinese Style Chicken
Chow mein

Meatfree
Chinese Style
Vegetables Chow Mein

Gluten Free
All allergens can eat
from this menu

Main
Turkey Koftas

Meatfree
Courgette and Tomato
Frittata

Gluten Free
Rice milk, Cornflour

Main
Teriyaki Salmon

Meatfree
Stuffed Aubergine

Gluten Free
Dairy free Fish

Available Daily:

- Salad Bar
- Daily Proteins
- Tuna
- Cheese
- Egg

And to go with
Fried Onion and
selection of Sauces
Potato Wedges

And to go with
Sour Cream, Cheese
and Mixed Salad

And to go with
Noodles

And to go with
Greek Style Yoghurt,
Mint, Sliced Tomato
Herb Cous Cous

And to go with
Fragrant Vegetable
Rice

Pudding
Fresh Fruit Pots

Pudding
Chocolate Popcorn
Cakes

Pudding
Fresh Fruit Pots

Pudding
Cookies

Pudding
Fresh Fruit Pots



Lunch Week Three



Monday

Tuesday

Wednesday

Thursday

Friday

Main
Meat Free Monday
Italian Tomato Pasta
with Mozzarella

Gluten Free
Pasta

Main
Peppers stuffed with
marinated Turkey

Meat free
Peppers stuffed with
marinated Vegetables

Gluten Free
All allergies can eat
from this menu

Main
Build a Burger

Meat Free
Build a Vegetable
Burger

Gluten Free
Roll

Main
**THEMED DAY
FROM
AROUND THE
WORLD**
Speciality
Mains, Sides
and Puddings

Main
Fish and Pea Kedgeree

Meat free
Pea Mint and Feta
Rissotto

Gluten Free

Available Daily:

- Salad Bar
- Daily Proteins
- Tuna
- Cheese
- Egg



And to go with
Tossed Summer Salad

And to go with
Mini Roast Potatoes

And to go with
Tomato Cheese
Coleslaw

And to go with
Potato Wedges

Pudding
Fresh Fruit Pots

Pudding
Lemon Drizzle Cake

Pudding
Fresh Fruit Pots

Pudding
Fresh Fruit Pots

