

## Weekly Lunch Menu 4/09/23 – 21/10/2022

<b>11/09/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Veggie Stir Fry with Noodles and Spring Rolls	Chicken Shawarma with Rice	Roast Dinner & Roast Potatoes and Veg	Spaghetti Bolognese & Garlic Bread	Fish Cake or Fish Fingers and Chips with Mushy Peas
Cherry Tomato Quiche with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Jacket Potatoes	Vegetarian Sausage Toastie	Tandoori Salmon with Pitta Bread
Ginger Biscuits	Sponge Cake & Custard	Fresh Fruit Salad	Fresh Fruit Trifle	Cheese and Crackers
<b>18/09/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Roast Tomato & Red Pepper Shakshuka	Cottage Pie & Veg	Carbonara & Garlic Bread	Katsu Curry & Rice	Battered Fish, Chips & Peas
Broccoli & Cream Cheese Pasta Bake	West African Jollof Rice	Spanish Omelette & Salad	Tomato & Basil Spaghetti	Veggie Sausage Roll
Fresh Fruit Salad	German Apple Cake	Sticky Toffee Pudding	Apple Flapjacks	Chocolate Cookies
<b>25/09/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Meat Free Burrito & Salad	Sausage and Mash with Peas & Gravy	Halloumi Wraps	Chicken Curry & Rice	Battered Fish with Chips and Minted Mushy Peas
Tomato & asil Pasta	Vegetable Biryani	Cheese & Tomato Panini	Cheese & Onion Quiche	Chips Curry & Rice
Apple and Oat Crumble with Cream	Rice Pudding & jam	Iced Sponge Cake & Custard	Fresh Fruit Salad	Cheese and Crackers
<b>2/10/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Vegan Ravioli & Crusty Bread	Chicken Tagine with Cous Cous	Chicken Tikka & Basmati Rice and Mango Chutney	Chef's Choice	Fish Fingers, Chips & Peas
Spanish Omelette	Roasted Red Pepper Quiche	Jambalaya	Chef's Choice	Veggie Sausage Roll
Fresh Fruit Salad	Shortbread Biscuits	Jam Sponge & Whipped Cream	Chef's Choice	Cheese & Crackers

<b>9/10/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Veggie Spaghetti Bolognese & Garlic Bread	Beef Bourguignon with Mash	Chicken Dhansak Curry & Rice, with Green Beans & Mango Chutney	Cowboy casserole & Penne Pasta	Battered Fish, chips & Peas
Welsh Rarebit	Vegetable and Cheese Omelette	Vegetable Stir Fry	Cheese and Tomato Toasties	Veggie Burger & Chips
Chocolate Fudge Cake	Oat Cookies	Jam Sponge & Cream	Manchester Tart	Cheese & Crackers

<b>16/10/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Vegetable Stir Fry	Chicken Chasseur, Mash & Veg	West African Jollof Rice	Roast Dinner & Vegetables	Fish Fingers, Chips & Peas
Cheese & Onion Pie with veg	Vegetarian Chilli & Rice	Tuna Pasta	Baked Jacket Pot	Veggie Sausage Roll
Fresh Fruit Salad	Vanilla Cheesecake	Pineapple Sponge	Apple Flapjacks	Cheese and Crackers

<b>23/10/23</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Macaroni Cheese & Garlic Bread	Falafel Pitas & Wedges	Chicken Tikka, Rice & Green Beans	Steak & Vegetable Pie, Mash & Carrots	Fish Fingers, Chips & Peas
Veg Chilli & Rice	Veg Singapore Fried Rice	Cheesy Bean Pasta Bake	Veg Quesadillas	Meat Free Burrito
Rice Pudding	Fresh Fruit Salad	Pumpkin Pie	Barabrith	Cheese & Crackers

We provide a variety of seasonal hot and cold dishes for children to freely choose from. Fresh fruit and a selection of low-fat yoghurts along with homemade pudding are available every lunchtime.

All of our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options are available.

Food For Thought is a not for profit school meals company owned by its partner school.

Any surplus is reinvested in the company or returned to its member schools.