FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c
2nd Nov



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 1 | | | | |
| 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 |
| 2 | | | | |
| Vegetarian Chilli with Wholemeal Rice | Cheese & Onion Plate Pie with Seasonal Vegetables | Cheesy Bean Wholemeal Pasta | Twice Baked Jacket Potatoes | Vegetable Curry & Wholemeal Rice |
| 3 | | | | |
| Fresh Fruit Salad & Yoghurt | Fresh Fruit & Yoghurt | Pineapple & Coconut Sponge | Fresh Fruit & Yoghurt | Cheese & Crackers, Fresh Fruit & Yoghurt |
| Sandwiches, Jacket Potatoes with Tuna, Cheese & 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.



FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c 9th Nov



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 1 | | | | | |
| 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 |
| | Sandwiches, Jacket Potatoes with Tuna, Cheese & Salad, Fresh Fruit & Yoghurt | | | | |

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c 16th Nov



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 1 | | | | | |
| 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 |
| | Sandwiches, Jacket Potatoes with Tuna, Cheese or Salad, Fresh Fruit & Yoghurt | | | | |

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c 23rd Nov



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 1 | | | | | |
| 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 |
| | Sandwiches, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt | | | | |

**KEY**

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c 30th Nov



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 1 | | | | | |
| 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 |
| | Fresh Fruit & Yoghurt | Fresh Fruit & Yoghrut | Sticky Toffee Pudding | Fresh Fruit Salad & Yoghurt | Cheese & Crackers, Fresh Fruit & Yoghurt |
| | Sandwiches, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt | | | | |

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c 7th Dec



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 1 | | | | | |
| 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 |
| | Sandwiches, Jacket Potatoes with Tuna, Cheese & Salad, Fresh Fruit & Yoghurt | | | | |

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

# Lunch Menu

w/c 14th Dec

| | MONDAY | TUESDAY | CHRISTMAS DINNER | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 1 | | | | | |
| 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 |
| | 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 |
| 3 | Pineapple & Coconut Sponge | Fresh Fruit & Yoghurt | Festive Cookie | Fresh Fruit & Yoghurt | Cheese & Crackers, Fresh Fruit & Yoghurt |
| | Sandwiches, Jacket Potatoes with Tuna, Cheese & Salad, Fresh Fruit & Yoghurt | | | | |

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