

AUTUMN 2023 LUNCH MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
Meat/ Fish Main Course	Jacket Potatoes Tuna Mayonnaise / Baked Beans / Grated Cheese	Chicken Curry	Vegetable & Bean Jollof	Chicken Cacciatore	Fish fingers
Vegetarian Main Course		Coconut and Squash Dhansak		Lentil and Vegetable Pasta Sauce	Vegan Fishless Fingers
Carbohydrates		Turmeric Rice		Wholemeal Penne Pasta	Chips
Vegetables		Roasted Cauliflower	Roasted Courgettes and Carrots	Steamed Carrots	Mushy Peas Baked Beans
Salad	Avocado and Tomato Salad	Mango and	Sweet Potato and Feta Cheese Salad	Risotto Salad	Special Salad of
Dessert	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Cake of the Week

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade soup, bread, fresh green salad and seasonal fruits available daily					
Meat / Fish Main Course	Vegetable Bolognese Spaghetti	Roast Chicken with gravy	Tomato Sauce and Cheese Pasta Bake	Chicken Tagine	Baked Salmon Fillet
Vegetarian Main Course		Vegetable Wellington	Egg and Vegetable Fried Rice	Vegetable and Sweet Potato Tagine	Wholemeal Penne Pasta with Homemade Pesto
Carbohydrates		New Potatoes	Garden Peas	Mixed Jasmin and Brown Rice	
Vegetables	Sweetcorn	Cabbage, Peas and Carrots	Roasted Chickpea with Baby Spinach Salad	Green Beans	Broccoli
Salad	Nicoise Salad	Roasted Kale and Pepper Salad	Roasted Chickpea with Baby Spinach Salad	Tabbouleh and Pomegranate Salad	Special Salad of the week
Dessert	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Cake of the Week

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade soup, bread, fresh green salad and seasonal fruits available daily					
	Vegetable Biryani	Sausages (Meat and Vegetarian)	Vegetable Katsu Curry	Chicken Teriyaki	Fish fingers
Vegetarian Main Course			Sweet Potato and Courgette Fritters	Mixed Vegetable Fried Rice	Vegan Fishless Fingers
Carbohydrates		Creamy Mashed Potato and Gravy		Vegetable Fried Rice	Chips
Vegetables	Sweetcorn	Carrots and Peas		Stir Fry Vegetables	
Salad	Cherry Tomatoes, Basil and Mozzarella Salad	Mushroom and Fennel Salad	Tomato, Red Onion and Rocket Salad	Red Cabbage Salad	Special Salad of the week
Dessert	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Cake of the Week