

Lunch Menu Summer 2022

Week One

W/C: 25/04, (30/05; Half Term) 04/07

Meat Free Monday

- V Cheese & Tomato Pizza with Potato Wedges
Vg GF Vegetable Biryani & Peas
- V Baked Potato with Grated Cheddar Cheese
- All the above accompanied with a grated carrot and sweetcorn salad
- V Local Mixed Fresh Melon or Fruit Yoghurt

Tuesday Classics

- GF Savoury Beef Mince with Vg GF New Potatoes & Vegetable Medley
- V Lentil & Vegetable Cottage Pie & Vegetable Medley
- V Baked Potato with Cheddar Cheese or Baked Beans & Side Salad
- V Cheese & Biscuit Selection or Seasonal Fresh Fruit

Wednesday Mid Week Roast

- GF Fresh Roast Gammon Ham with V GF Gravy
- Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Mac 'n' Cheese with Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans & Fresh Mixed Salad
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

Around the World Thursday: Mexico

- Lightly Spiced Fajita Chicken Wrap with Vg GF Rice, Carrots & Sweetcorn
- Vg GF Mexican Bean & Vegetable Stir-Fry with Vg GF Rice, Carrots & Sweetcorn
- V Baked Potato with Cheddar Cheese & Rainbow Coleslaw
- V Frozen Toffee Yoghurt or Local Fruit Selection

Fish Friday

- * Golden Breaded Fishcake with Vg GF Oven Chips, Peas & Ketchup
- Vg Crispy Vegetable Samosa with Vg GF Oven Chips, Peas & Ketchup
- V Baked Potato with Cheddar Cheese or Tuna Mayo & Cucumber Salad
- V Chocolate Chip Muffin or Seasonal Fresh Fruit

Week Two

W/C: 02/05, 06/06, 11/07

Meat Free Monday

- V Freshly Baked Homemade Macaroni Cheese & Mixed Vegetables
- Vg Green Pesto Pasta & Mixed Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans & Seasonal Side Salad
- V Fresh Pineapple & Mango Medley or Fruit Yoghurt

Tuesday Classics

- * Fresh Pork Sausage with V GF Creamed Potatoes & Peas
- V Vegetable Sausage with V GF Creamed Potatoes & Peas
- V Baked Potato with Cheddar Cheese & Cucumber Slices
- V Homemade Lemon Drizzle Cake or Fruit Yoghurt

Wednesday Mid Week Roast

- GF Fresh Roast Chicken Fillet with V GF Gravy
- Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Cheese & Tomato Pasta Bake with Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans & Leafy Side Salad
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

Around the World Thursday: Spain

- Fresh Chicken & Chorizo Pasta with Peas
- Vg GF Roasted Butternut Risotto with Peas
- V Baked Potato with Cheddar Cheese
- All the above accompanied with a Green "Slaw" Salad
- V Rich Chocolate Mousse or Fresh Fruit Selection

Fish Friday

- * Breaded White Fish Fingers with Vg GF Oven Chips & Baked Beans
- V Roasted Vegetable Quiche with Vg GF Oven Chips & Baked Beans
- V Baked Potato with Cheddar Cheese and "slaw"
- V Vanilla Choc Chip Muffin or Seasonal Fresh Fruit

Week Three

W/C: 09/05, 13/06, 18/07

Meat Free Monday

- V Baked Potato with choice of fillings:
Baked Beans, Cheese, Tuna, Sweetcorn
- V Tomato Pasta With Sweetcorn
- All the above accompanied by a Tomato & Cucumber Salad
- V Fresh Fruit Salad Medley or Fruit Yoghurt

Tuesday Classics

- * British Pork Sausage, V GF Hash Brown, Omelette & Beans
- V Vegetarian Sausage, V GF Hash Brown, Omelette & Beans
- V Baked Potato with Cheddar Cheese or Baked Beans & Side Salad
- V Homemade Choc Brownie Cake or Seasonal Fresh Fruit

Wednesday Mid Week Roast

- GF Fresh Roast Gammon Ham with V GF Gravy
- Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Homemade Stuffed Peppers with Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans & Veggie Sticks
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

Around The World Thursday: India

- GF Chicken Tikka Massala with Vg Chapatti with Vg GF Rice & Mixed Vegetables
- Vg GF Vegetable Korma with Vg Chapatti, Vg GF Rice & Mixed Vegetables
- V Baked Potato with Cheddar Cheese and Crudities
- V Pancakes with Lemon Sauce or Local Fruit Selection

Fish Friday

- * Golden Breaded White Fishcake, Vg GF Oven Chips, Peas & Ketchup
- Vg Crispy Vegetable Samosa with Vg GF Oven Chips & Peas
- V Baked Potato with Cheddar Cheese, or Tuna Mayo & Salad Sticks
- V Mini Ring Doughnuts with Chocolate Dipping Sauce
- V Selection of Seasonal Fresh fruit

Lunch Menu Summer 2022

Week Four

W/C: 16/05, 20/06, 25/07

Meat Free Monday

- Vg Fusilli Pasta in Tomato Sauce with Peas
- Vg GF Roasted Vegetable Rice with Peas
- V Baked Potato with Cheddar Cheese
- All the above accompanied with rainbow coleslaw
- V Fresh Water Melon or Fruit Yoghurt

Tuesday Classics

- * Fresh Italian Beef Meatballs In Tomato Sauce with Vg GF Rice & Vegetable Medley
- V Quorn Meatballs in Tomato Sauce with Vg GF Rice & Vegetable Medley
- V Baked Potato with Cheddar Cheese and Cucumber Salad
- V GF Chocolate Chip Mousse or Seasonal Fresh Fruit

Wednesday Mid Week Roast

- GF Fresh Roast Chicken Fillet with V GF Gravy, Vg GF Crispy Roast Potatoes and Farmhouse Vegetables
- Vg Vegetable Fajita in a *Wrap with Farmhouse Mixed Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans & Green Salad
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

Around the World Thursday: Asia

- Thai Chicken Stir-Fry with Vg GF Rice, Green Beans & Peas
- Vg Vegetable Stir-fry with Vg GF Rice, Green Beans & Peas
- V Baked Potato with Cheddar Cheese, or Tuna Mayo and Tricolour salad sticks
- V Vanilla Ice cream or Seasonal Fresh Fruit

Fish Friday

- * Breaded Cod fillet with Vg GF Oven Chips, Baked Beans & Ketchup
- V Vegetable Burger with Vg GF Oven Chips, Baked Beans & Ketchup
- V Baked Potato with Cheddar Cheese, Baked Beans & Sliced Cucumber Salad
- V Blueberry Muffin or Seasonal Fresh Fruit

Week Five

W/C: 23/05, 27/06

Meat Free Monday

- V Baked Potato with choices of fillings: Baked Beans, Cheese, Tuna Mayo, Sweetcorn
- Vg Roasted Vegetable Pasta with Sweetcorn
- All the above accompanied by a sliced cucumber salad
- V Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango) Fruit Yoghurt

Tuesday Classics

- GF Mild Chicken Curry with Vg GF Rice & Carrots
- Vg GF Chickpea, Potato & Spinach Curry with Vg GF Rice & Carrots
- V Baked Potato with Cheddar Cheese and Side Salad
- V Fresh Local Strawberries, Meringue & Cream Fruit Yoghurt

Wednesday Mid Week Roast

- GF Fresh Roast Chicken Fillet with V GF Gravy, Vg GF Crispy Roast Potatoes and Farmhouse Vegetables
- V Homemade Cauliflower & Broccoli Mornay with Vg GF Crispy Roast Potatoes and Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans and Salad Sticks
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

Around the World Thursday: Italy

- Beef Pasta Bolognaise with Garlic Bread & Peas
- Vg Lentil & Vegetable Pasta Bolognaise with Garlic Bread & Peas
- V Baked Potato with Cheddar Cheese and Green Salad
- V GF Frozen Raspberry Yoghurt or Seasonal Fresh Fruit

Fish Friday

- * Golden Breaded White fish Fillet with Vg GF Oven Chips, Peas & Ketchup
- Vg Crispy Vegetable Samosa with Vg GF Oven Chips & Peas
- V Baked Potato with Cheddar Cheese or Tuna Mayo and Crudities
- V Vanilla Choc Chip Muffin or Seasonal Fresh Fruit

Support & Serve

Fresh & Local

V Vegetarian Vg Vegan

GF Gluten Free *Gluten Free Available