

Lunch Menu Summer 2024

Week One

W/C: 15/4, 20/5, 24/6

Meat Free Monday

- V Cheese & Tomato Pizza & Baked Beans
- V Baked Potato with Grated Cheese & Baked Beans
- All accompanied by a fresh, seasonal salad
- Vg Mixed Fresh Melon

Tuesday

- Chicken Bites with Ketchup dip, Rice & Carrots
- Vg Vegan Nuggets with Ketchup dip, Rice & Carrots
- V Baked Potato with Grated Cheese & Salad
- Vg Fruit Jelly or V Yoghurt

Wednesday

- GF Honey & Garlic Chicken Fillet, V Mash Potato, Seasonal Vegetables & V GF Gravy
- V Mac 'n' Cheese with Seasonal Vegetables
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Vg Fresh Fruit Selection or V Yoghurt

Meat Free Thursday

- Vg Neapolitan Pasta with Baby Carrots
- V Baked Potato with Grated Cheese or Tuna Mayo
- All accompanied by a tomato salad
- V Chocolate & Vanilla Mousse

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Peas
- Vg Vegetable Samosa, Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese or Tuna Mayo
- All the above accompanied with sliced cucumber salad
- V Chocolate Chip Muffin
- Or
- Vg Fresh Fruit

Week Two

W/C: 22/4, (27/5-HT) 1/7

Meat Free Monday

- V Macaroni Cheese with Mixed Vegetables
- V Baked Potato with Grated Cheese & Baked Beans
- All accompanied by a fresh, seasonal salad
- Vg Fresh Chopped Watermelon

Tuesday

- GF Chicken korma Vg GF Rice & Broccoli
- Vg Spinach, Potato & Chickpea Curry GF Rice & Broccoli
- V Baked Potato with Grated Cheese and Salad
- Vg Fresh Fruit Selection or V Iced Vanilla Sponge

Wednesday

- GF Roast Chicken Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Vegetarian Sausage Roll, Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Vg Fresh Fruit Selection or V Yoghurt

Thursday

- * Beef Burger in a bun, Ketchup, & Baked Beans
- Vg Vegetable Burger, in a bun, Ketchup, & Baked Beans
- V Baked Potato with Grated Cheese or Baked Beans
- All accompanied by a tomato salad
- Vg Fresh Fruit Selection or
- V Strawberry & Vanilla Mousse

Friday

- * Breaded Fishcake Vg GF Oven Chips, & Sweetcorn
- Vg Vegetable Samosa Vg GF Oven Chips & Sweetcorn
- V Baked Potato with Grated Cheese or Tuna Mayo
- All accompanied with sliced cucumber salad

V Oreo Cookie Bar
or
Vg Fresh Fruit

Week Three

W/C: 29/4, 3/6, 8/7

Meat Free Monday

- Vg Tomato Pasta with Peas
- V Baked Potato with Grated Cheese & Baked Beans
- All accompanied by a fresh, seasonal salad
- Vg Fresh Fruit Selection or V Yoghurt

Tuesday

- * Pork Sausage, V Mash Potato & Mixed Vegetables
- Vg Vegetable Sausage, V Mash Potato & Mixed Vegetables
- V Baked Potato with Grated Cheese and Salad
- V Carrot Cake or V Yoghurt

Wednesday

- GF Roast Chicken, Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Macaroni Cheese, Vg, Seasonal Vegetables & Gravy
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Vg Fresh Fruit Selection or V Yoghurt

Meat Free Thursday

- V Pesto Pasta with Baby Carrots
- V Baked Potato with Grated Cheese or Tuna Mayo
- All accompanied by a fresh, seasonal salad
- Vg Fresh Fruit or V Chilled Raspberry Yoghurt

Friday

- * Breaded White Fish Fillet, Vg GF Oven Chips & Baked Beans
- Vg Vegetable Samosa, Vg GF Oven Chips & Baked Beans
- V Baked Potato with Grated Cheese or Baked Beans
- All accompanied with sliced cucumber salad
- V Caramel Wafer Biscuit
- or
- Vg Fresh Fruit

Lunch Menu Summer 2024

Week Four

W/C: 6/5, 10/6, 15/7

Meat Free Monday

- Vg Fusilli Pasta in Tomato Sauce with Peas
- V Cheese Omelette with Peas
- V Baked Potato with Grated Cheese or Tuna Mayo
- All accompanied by a carrot and cucumber salad
- Vg Fresh, Chopped Watermelon

Tuesday

- *Pork Sausage, V GF Hash Brown, & Baked Beans
- Vg Vegetarian Sausage, V GF Hash Brown, & Baked Beans
- V Baked Potato with Grated Cheese or Baked Beans
- Vg Fresh Fruit or
- Vg Orange Jelly & Cream

Wednesday

- GF Roast Chicken, V GF Mash Potato, Mixed Vegetables & V GF Gravy
- V Vegetarian Sausage Roll, V GF Mash Potato, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese & Salad
- Vg Fresh Fruit Selection or V Yoghurt

Meat Free Thursday

- V Cheese & Tomato Pizza & Sweetcorn
- V Baked Potato with Grated Cheese, or Tuna Mayo
- All accompanied with a fresh side salad
- Vg Fresh Fruit or
- Vg Raspberry Smoothie

Friday

- *Fish Burger, Bun & Vg Sweetcorn
- Vg Vegetable Burger, Bun Vg GF & Sweetcorn
- V Baked Potato with Grated Cheese or Baked Beans
- All accompanied with cucumber slices
- V Oreo Cookie Bar or V Yoghurt



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Week Five

W/C: 13/5, 17/6

Meat Free Monday

- V Baked Potato with Grated Cheese or Beans
- Vg Vegetable Paella
- All accompanied with a carrot and cucumber salad
- Vg Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango)

Tuesday

- Italian Style Beef Meatballs in Tomato Sauce with
- Vg Sliced Carrots & Rice
- Vg Vegetarian Meatballs in Tomato Sauce with
- Vg Sliced Carrots & Rice
- V Baked Potato with Grated Cheese or Baked Beans
- Vg Fresh Fruit Selection
- Or
- V Frozen Toffee Yoghurt

Wednesday

- GF Roast Chicken, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Cauliflower Cheese, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese
- Vg Fresh Fruit Selection or V Yoghurt

Thursday

- GF Beef Pasta Bolognese & Peas
- Vg Lentil & Vegetable Pasta Bolognese & Peas
- V Baked Potato with Grated Cheese or Tuna Mayo
- All accompanied with a fresh side salad
- Vg Fresh Fruit or Vg GF Vg Orange & Mango Smoothie

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Beans
- Vg Vegetable Samosa, Vg GF Oven Chips & Beans
- V Baked Potato with Grated Cheese
- All accompanied with cucumber slices
- V Caramel Wafer Biscuit or V Yoghurt

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the products are manufactured.

Support & Serve

Fresh & Local

- V Vegetarian Vg Vegan
- GF Gluten Free *Gluten Free Available
- Vegan Cheese Available on Request



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