

Lunch Menu Spring Term 2022

Week One

W/C: 3/1, 7/2, 14/3

Meat Free Monday

- V Cheese & Tomato Pizza with Sweetcorn
- Vg Vegetable Rice with Sweetcorn
- GF, V Baked Potato with Cheese
- Mixed Fresh Melon

Tuesday:

- *British Pork Sausage, GF, V Hash Brown, Omelette & Beans
- V Vegetarian Sausage, GF, V Hash Brown, Omelette & Beans
- GF, V Baked Potato with Cheese & Energy Boost Green Salad
- GF, V Strawberry & Vanilla Mousse
- Green Grocers Selection of Fruit

Wednesday: Mid Week Roast

- GF British Roast Chicken Fillet & Gravy with GF, V Mash Potato & Farmhouse Vegetables
- V Mac 'n' Cheese with Farmhouse Vegetables
- GF, V Baked Potato with Cheese & Tricolour Salad Sticks
- Local Fresh Seasonal Fruit
- Yoghurt

Thursday

- GF Fresh Diced Chicken Breast in a Tomato & Basil Sauce with GF, Vg Rice & Carrots
- Vg Tomato, Lentil & Sweet Potato Crumble with GF, Vg Rice & Carrots
- GF, V Baked Potato with Cheese and Mixed Leaf Salad
- V Warm Apple Crumble & Cream
- Yoghurt

Friday

- *Breaded White Fish Fillet with GF, Vg Oven Chips & Peas
- Vg Crispy Vegetable Samosa with GF, Vg Oven Chips & Peas
- GF, V Baked Potato with Cheese
- All the above accompanied by a fresh cucumber salad
- V Chocolate Chip Muffin
- Local Fresh Seasonal Fruit

Week Two

W/C: 10/1, 14/2, 21/3

Meat Free Monday

- V Macaroni Cheese with Fresh Broccoli
- GF, V Baked Potato with Cheese & Beans
- All the above accompanied by a fresh green leaf salad
- Fresh Pineapple & Mango Mix

Tuesday

- *British Pork Sausage with GF, V Creamed Potatoes & Peas
- Vg Vegetarian Sausage with GF, V Creamed Potatoes & Peas
- GF, V Baked Potato with Cheese & Seasonal Side Salad
- GF, V Chocolate Mousse
- Local Fresh Seasonal Fruit

Wednesday: Mid Week Roast

- GF British Roast Turkey & Gravy with GF, Vg Crispy Roast Potatoes & Seasonal Mixed Vegetables
- V Cheese Tortellini in Tomato sauce with Seasonal Mixed Vegetables
- V Baked Potato with Cheese & Fresh Green Leaf Salad
- Green Grocers Selection of Fruit
- Yoghurt

Thursday

- V Cheese & Tomato Pasta Bake with Peas
- GF, Vg Roasted Butternut Risotto with Peas
- V Baked Potato with Cheese
- All the above accompanied by a fresh cucumber salad
- V Warm Sticky Toffee Pudding & Cream
- Local Fresh Seasonal Fruit

Friday

- *Fish Cake with GF, Vg Oven Chips & Baked Beans
- GF, V Spanish Omelette with GF, Vg Oven Chips & Baked Beans
- GF, V Baked Potato with Cheese
- All the above accompanied by tricolour salad sticks
- V Blueberry Muffin
- Yoghurt

Week Three

W/C: 17/1, (21/2-Half term), 28/3

Meat Free Monday

- V Green Pesto Pasta with Peas & Garlic Bread
- GF, V Baked Potato with Cheese & Beans
- All the above accompanied by a fresh cucumber salad
- Fresh Fruit Salad

Tuesday

- Sausage Platt & Gravy with GF, Vg New Potatoes & Carrots
- Vg Vegan Sausage Roll with GF, Vg New Potatoes & Carrots
- GF, V Baked Potato with Cheese and Tricolour Salad Sticks
- V Warm Pear & Chocolate Crumble with Custard
- Yoghurt

Wednesday: Mid Week Roast

- GF Roast Gammon Ham & Gravy with GF, Vg Crispy Roast Potatoes & Farmhouse Vegetables
- V Stuffed Peppers with GF, Vg Crispy Roast Potatoes & Farmhouse Vegetables
- GF, V Baked Potato with Cheese & Energy Boost Green Salad
- Local Fresh Seasonal Fruit
- Yoghurt

Thursday

- GF Fresh Chicken Korma with GF, Vg Steamed Rice, Carrots & Vg Chapatti
- Vg Vegetable Korma with GF, Vg Steamed Rice, Carrots & Vg Chapatti
- GF, V Baked Potato with Cheese & Seasonal Side Salad
- V Mini Pancakes with Lemon & Sugar
- Green Grocers Selection of Fruit

Friday

- *Golden Breaded White Fish Fillet with GF, Vg Oven Chips & Peas
- Vg Crispy Vegetable Samosa with GF, Vg Oven Chips & Peas
- GF, V Baked Potato with Cheese & Cucumber Salad
- V Oreo Cookie Biscuit
- Local Fresh Seasonal fruit

Lunch Menu Spring Term 2022

Week Four

W/C: 24/1, 28/2, 4/4

Meat Free Monday

Vg Tricolour Fusilli Pasta in Tomato Sauce with Peas
GF,Vg Steamed Rice with Roasted Vegetables & Peas
GF,V Baked Potato with Cheese
All the above accompanied by a fresh mixed leaf salad
Fresh Water Melon

Tuesday

*Buttermilk Chicken Burger in a *bun with Sweetcorn
V Vegetable Burger in a *bun with Sweetcorn
GF,Vg Ketchup
V Baked Potato with Cheese
All the above accompanied by a seasonal side salad
V Homemade Fruity Flapjack
Yoghurt

Wednesday: Mid Week Roast

GF British Roast Chicken Fillet & Gravy with GF,Vg Crispy Roast Potatoes & Seasonal Mixed Vegetables
GF,Vg Vegetable Fajita in a *Wrap with Seasonal Mixed Vegetables
GF,V Baked Potato with Cheese & Cucumber Salad
Local Fresh Seasonal Fruit
Yoghurt

Thursday

GF BBQ Pork with GF,Vg Steamed Rice & Mixed Vegetables
GF,Vg Mixed Bean & Vegetable Chilli with GF,Vg Steamed Rice & Mixed Vegetables
GF,V Baked Potato with Cheese & Mixed Leaf Salad
GF,Vg Orange Jelly
Yoghurt

Friday

*Golden Breaded Cod fillet in a *bun with GF,Vg Oven Chips & Peas
GF,V Vegetable Burger in a *bun with GF,Vg Oven Chips & Peas
GF,V Baked Potato with Cheese
All the above accompanied with a fresh noodle salad
V Vanilla Muffin
Green Grocers Selection of Fruit

Week Five

W/C: 31/1, 7/3,

Meat Free Monday

Vg Tomato & Basil Pasta with Peas
GF,V Baked Potato with Cheese & Beans
All the above accompanied by a fresh cucumber salad
Trio of Exotic Fresh Fruits
(Melon, Pineapple, Watermelon)

Tuesday

GF Fresh Chicken Tikka Masala with GF,Vg Steamed Rice & Carrots & Vg Chapatti
GF,Vg Chickpea, Potato & Spinach Curry with GF,Vg Steamed Rice & Carrots & Vg Chapatti
GF,V Baked Potato with Cheese & Supercharge Green Salad
V Lemon Drizzle Cake
Yoghurt

Wednesday: Mid Week Roast

GF Roast Gammon Ham & Gravy with GF,Vg Crispy Roast Potatoes & Farmhouse Vegetables
V Cauliflower & Broccoli Mornay with GF,Vg Crispy Roast Potatoes & Farmhouse Vegetables
GF,V Baked Potato with Cheese & Fresh Green Salad
Green Grocers Selection of Fruit
Yoghurt

Thursday

Minced Lamb Cornish Pasty with GF,Vg New Potatoes & Peas
V Cheese Pasty with GF,Vg New Potatoes & Peas
GF,V Baked Potato with Cheese & Seasonal Side Salad
GF,Vg Strawberry Jelly
Local Fresh Seasonal fruit

Friday

*Golden Breaded Fishcake with GF,Vg Oven Chips & Baked Beans
Vg Crispy Vegetable Samosa with GF,Vg Oven Chips & Baked Beans
GF,V Baked Potato with Cheese
All the above accompanied by tricolour salad sticks
V Caramel Wafer Biscuit
Local Fresh Seasonal Fruit

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.

