



Real Food for Real Energy

Lunch Menu November 2023 -December 2023

Week One

WB 6th November, 27th November

Week Two

WB 13th November 4th December

Week Three

WB 20th November, 11th December

Monday

- Option 1
- Option 2
- served with
- Option 3
- Dessert

Tuna Pasta Bake
Tomato and Vegetable Pasta
Garlic Bread
Salad Bar
Tomato Soup
Cheesecake

Lasagne
Tomato and Vegetable Pasta
Garlic Bread
Salad Bar
Ham or Cheese Sandwich
Marchant Crunch & Ice cream

Chicken Myers
Tomato and Vegetable Pasta
New Potatoes
Broccoli, Peas, Carrots & Sweetcorn
Jacket Potato with Cheese & Beans
Cucumber, Pepper and carrot sticks
Carrot Cake

Tuesday

- Option 1
- Option 2
- served with
- Option 3
- Dessert

Sweet and Sour Chicken
Sweet and Sour Tofu
Noodles or Rice
Stirfried Vegetables
Vegetable Soup
Mixed Berries,
Toasted Oats, Yoghurt

Chicken Fajitas
Mexican Bean Wraps
Savoury Rice
Salad Bar
Jacket Potato with Cheese & Beans
Marble Sponge & Custard

Bolognese
Veggie Bolognese
Spaghetti and Garlic Bread
Salad Bar
Chicken Soup
Jelly

Wednesday

- Option 1
- Option 2
- served with
- Option 3
- Dessert

Roast Pork, Apple Sauce & Gravy
Rice Noodles and Vegetable Stirfry
Roast Potatoes
Broccoli, Peas, Carrots & Sweetcorn
Jacket Potato with Cheese & Beans
Fruit and Jelly

Roast Gammon, Stuffing & Gravy
Rice Noodles and Vegetable Stirfry
Roast Potatoes
Broccoli, Peas, Carrots & Sweetcorn
Jacket Potato with Tuna Mayo
and Veg sticks
Ice cream and Peaches

Turkey, Yorkshire Puddings & Gravy
Rice Noodles and Vegetable Stirfry
Roast Potatoes
Broccoli, Peas, Carrots & Sweetcorn
Jacket Potato with Tuna Mayo
and Veg sticks
Flapjack

Thursday

- Option 1
- Option 2
- served with
- Option 3
- Dessert

Meatballs
Veggie Meatballs
Pasta, Tomato Sauce
Broccoli, Peas, Carrots & Sweetcorn
Jacket Potato with Cheese & Beans
Cucumber, Pepper and carrot sticks
Banana Bread with Honey Yoghurt

Homemade Fishcakes
Veggie Fingers
Sweet Potato Wedges
Baked Beans or Peas
Ham or Cheese Sandwich
Cucumber, Pepper and carrot sticks
Bananas and Custard

Home Made Chicken Nuggets
Veggie Nuggets
Chips
Baked Beans & Sweetcorn
Jacket Potato with Cheese & Beans
Cucumber, Pepper and carrot sticks
Cake and Custard

Friday

- Option 1
- Option 2
- served with
- Option 3
- Dessert

Fish Fingers
Veggie Fingers
Chips/Pasta
Baked Beans & Sweetcorn
Cucumber, Pepper and carrot sticks
Ham or Cheese Sandwich
Marchant Delight

Sausages
Vegan Sausages
Mash or Pasta
Broccoli, Peas, Carrots & Sweetcorn
Tomato Soup
Chocolate and Beetroot Brownie

Homemade Fishcakes
Veggie Fingers
Sweet Potato Wedges/Pasta
Peas and Salad Bar
Ham or Cheese Sandwich
Oat Cookies



Suitable for Vegetarians



Suitable for Vegans & Vegetarians



Contains Fish

All items are subject to availability

Bread, fresh fruit and fresh drinking water are available with every meal