

# Lunch Menu Week 6

w/c 7th October	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chef Choice	Leek & Potato	Red Pepper Soup	Tomato & Basil	Chef Choice
<b>HOT MAINS</b>	Cheesy Beans Pasta Bake <span style="float: right;">V</span>	Chef Daniel's Quorn & Bean Quesadillas (Wholemeal Wraps) <span style="float: right;">V</span>	Chicken Korma with Rice, Green Bean & Naan Bread	Wholemeal Spaghetti Veggie Bolognese with Salad & Garlic Bread <span style="float: right;">V</span>	Fish Cake or Fish Fingers with Chips & Mushy Peas
	Puy Lentil Shepherd's Pie with Peas <span style="float: right;">V</span>	Asian Noodles <span style="float: right;">V</span>	Macaroni Cheese <span style="float: right;">V</span>	Cheese & Onion plate Pie with Peas <span style="float: right;">V</span>	Veggie Fingers <span style="float: right;">V</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about today's special!</b>				
<b>DESSERT</b>	Sponge Cake and Custard <span style="float: right;">V</span>	Fresh Fruit Salad <span style="float: right;">Ve</span>	Flapjack <span style="float: right;">V</span>	Fresh Fruit Trifle <span style="float: right;">V</span>	Cheese and Crackers <span style="float: right;">V</span>



**Available Daily:** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements. All menus are checked by a nutritionist and adhere to School Food Standards.

H Halal option available  
V Vegetarian  
Ve Vegan  
 Oily fish

# Lunch Menu Week 7

w/c 14th October	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea Soup	Chinese Sweetcorn
<b>HOT MAINS</b>	Wholemeal Pizza & Wedges <span style="color: green;">v</span>	Spanish Chicken with Rice & Green Beans	Veggie Sausage with Homemade Mash, Gravy & Peas <span style="color: green;">v</span>	Chicken & Vegetable Shortcrust pie with Baby Carrots	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos <span style="color: green;">v</span>	Vegetable & Lentil Stew <span style="color: green;">Ve</span>	Sri Lankan Sweet potato & Coconut Curry with Rice (Pro Veg School Plates Recipe) <span style="color: green;">Ve</span>	Spanish Omelette with Crisp Salad <span style="color: green;">v</span>	Veggie Sausage Roll <span style="color: green;">v</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad <span style="color: green;">Ve</span>	Flapjacks <span style="color: green;">v</span>	Iced Sponge Cake with Custard <span style="color: green;">v</span>	German Apple Cake <span style="color: green;">v</span>	Cheese and Crackers <span style="color: green;">v</span>



**Available Daily:** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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v Vegetarian  
Ve Vegan  
 Oily fish

# Lunch Menu Week 8

w/c 21st October	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Carrot & Coriander	Broccoli & Cheddar	Tomato & Basil Pasta	Pea Soup	Chinese Sweetcorn
<b>HOT MAINS</b>	Broccoli & Cream Cheese Pasta Bake <span style="color: green;">v</span>	Chinese Chicken Curry with Wholegrain Rice & Prawn Crackers	Veggie Sausage Casserole with Homemade Mash & Carrots <span style="color: green;">v</span>	Quorn Chilli Tacos with Tortilla Chips <span style="color: green;">v</span>	Fish Fingers with Chips & Garden Peas
	Meat Free Burritos <span style="color: green;">v</span>	Vegetable & Lentil Stew <span style="color: green;">Ve</span>	Tomato & Basil Pasta <span style="color: green;">v</span>	Vegan Jambalaya <span style="color: green;">Ve</span>	Veggie Sausage Rolls <span style="color: green;">v</span>
<b>CHEF SPECIAL</b>	<b>Ask Chef about todays special!</b>				
<b>DESSERT</b>	Fresh Fruit Salad <span style="color: green;">Ve</span>	Apple Flapjack <span style="color: green;">v</span>	Wet Nelly <span style="color: green;">v</span>	Sticky Toffee Pudding <span style="color: green;">v</span>	Cheese and Crackers <span style="color: green;">v</span>



**Available Daily:** Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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H Halal option available  
v Vegetarian  
Ve Vegan  
 Oily fish