

Sample Lunch Menu – week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Meat pie	Cottage pie	Chicken curry with boiled rice	Pasta bolognaise	Crisp battered fish
Vegetarian Dish	Macaroni cheese with garlic bread	Fish finger bun or Mediterranean pasty	Cheese and onion pie	Vegetable bean burger	Freshly baked cheese and tomato pizza
Vegetables	Mixed vegetables	Buttered carrots	Green beans	Sweetcorn	Garden peas
Jackets	Various specials available daily				
Pasta Bake	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers
Hot Desserts (v)	Apple crumble with custard	Rice pudding	Steamed syrup pudding with custard	Apple pie with custard	Chocolate sponge with chocolate sauce

Meal Deal - either a sandwich plus drink and fruit/biscuit or hot main meal plus dessert/drink
 Drinking water is provided at water fountains around the school free of charge

Sample Lunch Menu – week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat dish	Roast chicken	Beef chilli with rice	Minced beef cobbler	Chilli beef wraps with fragrant rice	Crisp battered fish
Vegetarian Dish	Butter pie	Tomato pasta bake with garlic bread	Cheese and onion pie	Cheese and egg flan	Vegetable bean burger
Vegetables	Mixed vegetables	Green beans	Cauliflower	Garlic courgettes	Garden peas
Jacket Potato	Various specials available daily				
Grab bag	Sandwich meal deal: Sandwich, juice and biscuit				
Hot Desserts (v)	Ginger sponge with custard	Jam bakewell with custard	Apple and fruit pie with custard	Chocolate sponge with chocolate sauce	Jam roly-poly with custard
Meal Deal - either a sandwich plus drink and fruit/biscuit or hot main meal plus dessert/drink Drinking water is provided at water fountains around the school free of charge					

Sample Lunch Menu – week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat dish	Beef burger in onion gravy	Shepherd pie with gravy	Chicken sausage	Meat lasagne served with garlic bread	Crisp battered fish
Vegetarian Dish	Fish finger bun or Vegetable pasty	Freshly made pizza	Cheese and tomato pasta bake	Cheese and egg Flan	Cheese and onion pasty
Vegetables	Buttered carrots	Garden peas	Green beans	Sweetcorn	Mushy peas
Jacket Potato	Various specials available daily				
Pasta bake	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers	Tuna, sweetcorn, cheese and mixed peppers
Hot Desserts (v)	Ginger sponge with custard	Syrup sponge with custard	Apple crumble with custard	Chocolate pudding with chocolate sauce	Carrot cake

Meal Deal - either a sandwich plus drink and fruit/biscuit or hot main meal plus dessert/drink
 Drinking water is provided at water fountains around the school free of charge