



Lunch Menus

Please note that every day, a wide selection of food is available in addition to the items on these menus.

- *Homemade soup - the flavours vary from day to day and children can choose a small or large portion – to go alongside their main course*
- *Brown and white bread rolls with butter or Flora*
- *Crudit  – carrots, peppers, cucumber and cherry tomatoes*
- *Hard boiled eggs*
- *Ham*
- *Tuna*
- *Grated cheese*
- *Several salads e.g. mixed leaves, watermelon and Feta, tuna and sweetcorn with pasta, coleslaw, cous-cous, beetroot, rainbow vegetable rice salad*
- *Assorted fruit yoghurts*
- *Cut fresh fruits – melon, watermelon, grapes, orange*
- *Whole fresh fruit – apples, pears, satsumas, bananas*

Autumn Term 2021 - Week One

Monday

Chicken and Vegetable Korma with rice
Vegetable Korma with rice
Fusilli pasta with herby tomato sauce and grated cheese
Lemon drizzle cake

Tuesday

Shepherd's and Vegan pie with carrots, peas and gravy
Three bean chilli and rice
Home-made flapjack

Wednesday

Beef or vegan meatballs in tomato and herb sauce with pasta, garlic bread and Parmesan or sweetcorn or salad
Spiced roasted cauliflower and lentil warm salad
Jelly pots

Thursday

Roast chicken breast or vegan sausages, roast potatoes, broccoli, carrots and gravy
Iced vanilla cake

Friday

Butcher's beef burger or vegan burger with grated Cheddar, chips and baked beans
Or homemade quiches (cheese and tomato, mushroom, red pepper)
Chocolate muffin

Week Two

Monday

Sweet and sour chicken and vegetables or sweet and sour vegetables and rice
Or baked potatoes with baked beans/grated cheese
Rice Krispie cake

Tuesday

Shepherd's pie or veggie pie with green beans, carrots and gravy
Or Mexican rice and cheese stuffed peppers
Ginger cake

Wednesday

Cheesy penne pasta with garlic bread, sweetcorn, broccoli or salad
Or baked potatoes with cheese or baked beans
Ice cream tubs

Thursday

Beef or vegan casserole, roast potatoes, carrots and green beans
Pasta with tomato and herb sauce and grated cheese
Chocolate and vanilla marbled sponge with custard
'DH mess' or flapjack

Friday

Chicken goujons, vegan fingers, or omelette, chips and sweetcorn or peas
Iced chocolate sponge

Week Three

Monday

Mild chilli con carne or vegan chilli with rice and peas or salad
Or pasta with herby tomato sauce and grated cheese
Marble sponge cake

Tuesday

Home-made cheese and tomato pizza, potato wedges, baked beans or sweetcorn
Or chick pea and chorizo warm salad
Chocolate chip shortbread

Wednesday

Lasagne or veggie lasagne with garlic bread and peas or salad
Or baked potato with baked beans or grated cheese
Lemon drizzle cake

Thursday

Chicken or veggie pie with new potatoes, carrots and peas
Or Mexican stuffed peppers
Victoria sponge

Friday

Baked battered cod or fish finger or vegan fingers, chips and baked beans or peas
Omelettes
Cookies