

Lunch Menu Winter/Spring 2021

Week One

W/C: 4/1, 25/1, 15/2, 8/3, 29/3

Meat Free Monday

- V Cheese & Tomato Pasta
- V Garlic Bread & Carrots
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Fresh Water Melon

Tuesday

- * Pork Sausage
- Vg Vegan Vegetable Sausage
- V Mash Potatoes, Gravy & Peas
- V Baked Potato with Cheese
- White Soft Flour Roll
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Vg Strawberry Jelly
- Fresh Fruit / Yoghurt

Roast Dinner Wednesday

- (GF) Roast Chicken Fillet
- Vg Roasted Vegetable Nuggets
- Vg (GF) Roast Potatoes, & Mixed Vegetables
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Fresh Fruit Selection

Thursday

- Italian Beef Meatballs in Tomato sauce
- V Quorn & Vegetable Meatballs in Tomato Sauce
- Vg (GF) Rice & Peas
- V Baked Potato with Cheese & Beans
- White Soft Flour Roll
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- V Cheese & Biscuits
- Fresh fruit / Yoghurt

Fish Friday

- * Breaded White Fish Fillet
- Vg Vegetable Samosa
- Vg (GF) Oven Chips & Peas
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo or Tuna Mayo
- V Vanilla Choc Chip Muffin
- Fresh fruit
- Vg Vegan, V Vegetarian, (GF) Gluten free
- * Gluten Free Available

Week Two

W/C: 11/1, 1/2, 22/2, 15/3

Meat Free Monday

- V Cheese & Tomato Pizza
- Vg Sweetcorn
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Mango & Pineapple

Tuesday

- * Beef Burger or Vegetable Burger
- Soft Flour Bun, Ketchup & Peas
- V Baked Potato with Cheese
- White soft flour roll
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- V Mini Ring Doughnuts
- Fresh fruit

Roast Dinner Wednesday

- (GF) Roast Gammon Ham
- Vg Roasted Vegetable Nuggets
- Vg (GF) Roast Potatoes, & Mixed Vegetables
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Fresh Fruit Selection

Thursday

- Chicken Korma
- Vg Vegetable Korma
- V Rice, Chapatti & Peas
- Vg Baked Potato with Beans & Cheese
- White soft flour roll
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- V Strawberry & Vanilla Mousse
- Fresh fruit / Yoghurt

Fish Friday

- * Breaded Fish Cake
- Vg Breaded Vegetable Cake
- Vg (GF) Oven Chips & Baked Beans
- V Baked Potato with Cheese and Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo or Tuna Mayo
- V Double Chocolate Muffin
- Fresh Fruit

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. V3

Week Three

W/C 18/1, 8/2, 1/3, 22/3

Meat Free Monday

- V Macaroni Cheese
- Vg (GF) Roasted Vegetable Rice
- Vg Peas
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Fresh Fruit Salad

Tuesday

- (GF) Mild Beef Chilli
- Vg (GF) Bean & Lentil Chilli
- Vg (GF) Rice & Carrots
- V Baked Potato with Cheese & beans
- White soft flour roll
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- V Strawberry Jelly
- Fresh Fruit / Yoghurt

Roast Dinner Wednesday

- (GF) Roast Chicken Fillet
- V Cheese Tortellini with Tomato Sauce
- Vg (GF) Roast Potatoes, V (GF) Gravy & Carrots
- V Baked Potato with Cheese & Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- Fresh Fruit Selection

Thursday

- Chicken, Chorizo, & Tomato Pasta Bake
- Vg (GF) Roasted Butternut Risotto
- Vg (GF) Mixed Vegetables
- V Baked Potato with Cheese & Beans
- White soft flour roll
- V Cheese, V Egg Mayo, Ham or Tuna Mayo
- V Chocolate Mousse
- Fresh fruit / Yoghurt

Fish Friday

- * Breaded White Fish Fillet
- Vg Breaded Vegetable Cake
- Vg (GF) Oven Chips & Peas
- V Baked Potato with Cheese and Beans
- Wholemeal Sandwich
- V Cheese, V Egg Mayo or Tuna Mayo
- V Blueberry Muffin
- Vg Vegan, V Vegetarian, (GF) Gluten free
- Gluten Free Available