

# LUNCH WEEK 1 MENU



## MAIN EVENT

**MONDAY**  
**Meat Free Monday**  
BBQ Drizzle Pizza  
with Baked Potato  
Wedges  
(gluten,soya,egg,milk,cereal)

**TUESDAY**  
**Curry Day**  
Mild Chicken Curry  
with Whole Grain  
Rice  
(mustard)

**WEDNESDAY**  
Pork Sausages with  
Mashed Potatoes  
and Gravy  
(gluten,sulphites)

**THURSDAY**  
Chicken & Vegetable  
Meatballs in Tomato  
Sauce with Pasta  
Twirlers  
(gluten)

**FRIDAY**  
Golden Fish Fingers  
with Chips  
(gluten,fish)



## MEAT-FREE MAGIC Vegetarian Dish

Cheesy Broccoli  
Pasta Bake  
(gluten,milk)

Tarka Dhal Curry  
*(Veggie Lentil Curry)*  
with Whole Grain  
Rice  
(gluten,cereals)

Homemade Cheese  
and Leek Sausages  
with Mashed  
Potatoes and Gravy  
(gluten,egg,milk)

Sweet Chilli  
Vegetable Stir Fry  
with Whole Grain  
Rice  
(none)

Pizza Margherita  
with Chips  
(gluten,soya,egg,milk,cereal)



## RAINBOW ALLEY Vegetables and Salads

Mixed Salad

Green Beans

Broccoli

Peas

Baked Beans

*Daily salad bar and fresh bread available every day*

Hot Pasta topped with Homemade Tomato Sauce (gluten,milk)



## PASTA TWIRLER Topped Pasta

Crispy Skin Jacket Potatoes  
with Cheese or Beans



## BIG TOPPING Filled Jacket

Toffee  
Sponge and Custard  
(gluten,milk,eggs,cereals,  
sulphites)

Jelly &  
Fruit Slices

Tropical Pineapple  
Crumble and  
Custard  
(gluten,cereals,sulphites)

Orange  
Cookie  
(gluten)

Vanilla  
Ice Cream  
(milk)



## DESSERT TROLLEY Pudding

*Cut fruit, Yoghurt and Jelly available every day*

# LUNCH WEEK 2 MENU



## MAIN EVENT

**MONDAY**  
**Meat Free Monday**  
Pizza Margherita  
with Baked Potato  
Wedges  
(gluten,soya,egg,milk,cereal)

**TUESDAY**  
**Hot Dog Day**  
Pork Hot Dog served  
with Baked Potato  
Wedges  
(gluten,soya,sulphites,  
Sesame)

**WEDNESDAY**  
**Mid Week Roast**  
Roast Gammon with  
Mash & Gravy  
(none)

**THURSDAY**  
**Chicken**  
Chow Mein Noodles  
(gluten,eggs,soya)

**FRIDAY**  
**Golden Fish**  
Fingers  
with Chips  
(gluten,fish)



## MEAT-FREE MAGIC Vegetarian Dish

Golden Vegetable  
Fingers with Baked  
Potatoes Wedges  
(gluten)

Veggie Sausage  
Hot Dog served with  
Baked Potato  
Wedges  
(gluten,sulphites,sesame,  
soya)

Super Veggie Pie  
Vegetable, Lentil and  
Onion Pie with Mash  
(gluten)

Mexican Bean Wrap  
with Whole Grain  
Rice  
(gluten,milk)

Cheesy Sweetcorn  
Pizza with Chips  
(gluten,soya,egg,milk,cereal)



## RAINBOW ALLEY Vegetables and Salads

Green Salad

Baked Beans

Carrots

Sweetcorn

Baked Beans

*Daily salad bar and fresh bread available every day*



## PASTA TWIRLER Topped Pasta

Hot Pasta topped with Homemade Tomato Sauce (gluten,milk)



## BIG TOPPING Filled Jacket

Crispy Skin Jacket Potatoes  
with Cheese or Beans



## DESSERT TROLLEY Pudding

Banana Sponge  
Cake and Custard  
(gluten,egg,milk,cereals,  
sulphites)

Jammy Crumble  
Bars  
(gluten,sulphites)

Apple Crumble and  
Custard  
(gluten,cereals)

Orange  
Jelly

Vanilla  
Ice Cream  
(milk)

*Cut fruit, Yoghurt and Jelly available every day*

# LUNCH WEEK 3 MENU



## MAIN EVENT

**MONDAY**  
**Meat Free Monday**  
Baked Mac n  
Cheese  
(gluten,milk)

**TUESDAY**  
Mince Beef & Onion  
Pie with Mash  
(gluten,cereals)

**WEDNESDAY**  
**Mid Week Roast**  
Roast Chicken  
with Roast Potatoes  
and Gravy  
(none)

**THURSDAY**  
**Pizza Day!**  
BBQ Drizzle Pizza  
with Baked Potato  
Wedges  
(gluten,soya,egg,milk,cereal)

**FRIDAY**  
Golden Fish  
Fingers  
with Chips  
(gluten,fish)



## MEAT-FREE MAGIC Vegetarian Dish

Vegetarian  
Shepherd's Pie  
(gluten,cereals)

Mixed Vegetable  
Korma with  
Whole Grain Rice  
(mustard)

Roasted Tomato &  
Vegetable Pasta  
Bake  
(gluten,milk)

Veggie Supreme  
Pizza with Baked  
Potato Wedges  
(gluten,soya,egg,milk,cereal)

Golden Vegetable  
Fingers  
with Chips  
(gluten)



## RAINBOW ALLEY Vegetables and Salads

Green Beans

Broccoli

Carrots

Peas

Baked Beans

*Daily salad bar and fresh bread available every day*



## PASTA TWIRLER Topped Pasta

Hot Pasta topped with Homemade Tomato Sauce (gluten,milk)



## BIG TOPPING Filled Jacket

Crispy Skin Jacket Potatoes  
with Cheese or Beans



## DESSERT TROLLEY Pudding

Watermelon  
Wedge

Chocolate Crunch  
and Custard  
(gluten)

Oaty Apple  
Crunch Slice  
(gluten,cereals)

Strawberry  
Jelly

Vanilla  
Ice Cream  
(milk)