## Lunch menu week one



## Available everyday

#### Seasonal soup

with croutons, fresh herbs, toppings and freshly baked bread

#### **Everyday salads**

tomato, cucumber, carrot, mixed leaves, sweetcorn and a composite salad

#### Fruit bar

selection of bananas, apples, satsumas, melon and pineapple

#### Yoghurt

selection of natural yoghurt and honey

### Jacket potato bar

hot jacket potatoes with a choice of fillings

Please see daily menu boards for ALL allergens

## Monday

#### Main meal

Pasta bar Quorn bolognaise Marinara sauce

#### Vegetarian meal

Oven baked broccoli mac and cheese

#### Sides

Peas and sweetcorn

#### Dessert

Jelly pots

## Tuesday

#### Main meal

Chicken biriyani Naan bread

#### Vegetarian meal

Roasted butternut, chickpea and mushroom bhuna

#### Sides

Bombay potatoes, cauliflower, carrots

#### Dessert

Chocolate muffin

## Wednesday

#### Main meal

Roast of pork, apple sauce Yorkshire pudding

#### Vegetarian meal

Sweet potato frittata

#### Sides

Roast potato, broccoli, roasted parsnips

#### Dessert

Lemon cake

## Thursday

#### Main meal

Lancashire beef and vegetable hot pot

### Vegetarian meal

Tofu and vegetable hot pot **Sides** 

# Roasted root vegetables, green vegetable medley

Dessert

Eton mess

## **Friday**

#### Main meal

Battered fish

Tuna fish cakes, chicken sausage

### Vegetarian meal

Vegan fishless fingers

#### Sides

Chips, peas, baked beans, gherkins, pickled onions

#### Dessert

Chocolate chip cookie



## Lunch menu week two



## Available everyday

#### Seasonal soup

with croutons, fresh herbs, toppings and freshly baked bread

#### **Everyday salads**

tomato, cucumber, carrot, mixed leaves, sweetcorn and a composite salad

#### Fruit bar

selection of bananas, apples, satsumas, melon and pineapple

### Yoghurt

selection of natural yoghurt and honey

### Jacket potato bar

hot jacket potatoes with a choice of fillings

Please see daily menu boards for ALL allergens

## Monday

#### Main meal

Vegetarian lasagne Garlic bread

#### Vegetarian meal

Cauliflower and broccoli cheese bake

Sides

Baton carrots, sweetcorn

#### Dessert

Shortbread

## Tuesday

#### Main meal

Beef cottage pie topped with mashed potato

#### Vegetarian meal

Vegetable cottage pie topped with mashed potato

#### Sides

Broccoli, butternut squash

#### Dessert

Rice pudding and jam sauce

## Wednesday

#### Main meal

Honey roasted gammon with pineapple salsa

#### Vegetarian meal

Roasted butternut with peppers and feta cheese

#### Sides

Roast potatoes, broccoli, roasted root vegetables

#### Dessert

Jelly pots

### **Thursday**

#### Main meal

Chicken korma with naan bread and rice

#### Vegetarian meal

Paneer curry with naan bread and rice Sides

Sweet heart cabbage, root vegetables, onion bhaji

#### Dessert

Classic school cake

### **Friday**

#### Main meal

Cumberland or chicken sausage hot dog

#### Vegetarian meal

Quorn sausage hot dog
Sides

Chips, peas and sweetcorn

#### Dessert

Chocolate brownie



## Lunch menu week three



## Available everyday

#### Seasonal soup

with croutons, fresh herbs, toppings and freshly baked bread

#### **Everyday salads**

tomato, cucumber, carrot, mixed leaves, sweetcorn and a composite salad

#### Fruit bar

selection of bananas, apples, satsumas, melon and pineapple

### **Yoghurt**

selection of natural yoghurt and honey

#### Jacket potato bar

hot jacket potatoes with a choice of fillings

Please see daily menu boards for ALL allergens

## Monday

#### Main meal

Quorn chilli with salsa and tortilla chips

#### Vegetarian meal

Aubergine and chickpea curry with naan bread **Sides** 

Rice, butternut squash and green cabbage

#### Dessert

Chocolate and vanilla marble cake

**Thursday** 

Main meal

Cumberland sausages and mash

Vegetarian meal

Quorn sausages and mash

Sides

Mashed potato, garden peas and swede

Dessert

Jelly pots

## Tuesday

#### Main meal

Pork and vegetable noodles

#### Vegetarian meal

Crispy tofu, vegetable noodles

Sides

Cauliflower, sliced carrots

#### Dessert

Apple crumble with custard

## **Friday**

Main meal Pizza Bar

Spicy chicken

Tuna

Margarita

#### Sides

Potato wedges, baked beans and sweetcorn

#### Dessert

Vanilla cheesecake

## Wednesday

#### Main meal

Roast turkey, sage and onion stuffing, Yorkshire pudding

#### Vegetarian meal

Gnocchi with tomato and basil sauce

#### Sides

Roast potatoes, parsnips and cauliflower

#### Dessert

Lemon tart

