

# Lunch Menu

## WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V) 	Chilli Con Carne & Fiesta Rice 	Roast Gammon with Gravy & Roasties 	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice 	Sustainably Sourced Battered Fish & Chips or Grilled Sausage & Chips 
Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve) 	Chilli Sin Carne & Fiesta Rice (Ve) 	Roast Quorn, Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice 	Cheese & Tomato Pizza & Wedges/Chips 
Vegan Sausage Roll (Ve) 	Cheesy Meatball Arrabbiata Toasted Baguette 	Brunch Pot 	Crispy Pork or Beef Soft Taco 	Pepperoni Pizza & Wedges/Chips 
Tomato & Basil Pasta 	Sweet Chilli Chicken Pasta 	Chicken Tikka & Steamed Rice 	Sweet & Sour Chicken Noodles 	Pasta Arrabbiata 
Mediterranean Chicken 	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 
Baked Beans Broccoli Mixed Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Mixed Salad	Baked Beans Mixed Vegetables Mixed Salad	Baked Beans Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans Peas Mixed Salad
Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard 	Giant Chocolate Cookie	Apple Crumble & Custard 

# Lunch Menu

## WEEK TWO – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

POT 'N' TASTY

RAP OR SUB

SIDES

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Mac 'n' Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa 	Roast Pork, Crispy Roasties & Gravy  Grilled Chicken Sausages, Gravy & Roasties or Mash(H) 	Thai Yellow Chicken & Vegetable Curry Mixed Rice 	Sustainably Sourced Battered Fish & Chips  Oven Baked Chicken Nuggets & Chips 
Buffalo Burrito (Ve) 	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V) 
Dirty Quorn & Cheesy Bean Burger (V) 	Fish Finger Bap & Mayo or Ketchup 	BBQ Chicken Snack Wrap 	Veggie Breakfast Frittata (V) 	Pepperoni Pizza & Wedges/Chips 
Vegetable Tikka & Mixed Rice 	Beef Bolognese Pasta Pot 	Chicken Jalfrezi & Steamed Rice 	Veggie Pasta Pot 	Tomato & Basil Pasta 
Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 	
Baked Beans  Garlic Bread Green Beans Garden Salad	Baked Beans  Fajita Roasted Sweetcorn & Peppers  Garden Salad	Baked Beans  Seasonal Mixed Vegetables  Garden Salad	Baked Beans  Asian Slaw, Garlic Green Beans  Garden Salad	Baked Beans  Peas  Garden Salad

Slow-Release Energy Foods		For a Healthy Gut		Brain Boost		Contains Calcium		Contains Iron		Contains Protein	
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# Lunch Menu

## WEEK THREE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Spanish Omelette & Pepper & Tomato Sauce & Garlic Bread (V)	Chicken & Vegetable Enchilada, Savoury Rice 	Cottage Pie 	Chicken & Vegetable Korma, Gunpowder Potatoes OR Alternatively, can be served with Half Mixed Rice & Gunpowder Potatoes	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Goujons & Chips 
Veggie Bolognese Pasta Bake (V) 	Mexican Vegetable Stew & Baked Tortilla (Ve) 	Classic Mac 'n' Cheese, Cheesy Herb Crumb (V) 	Roasted Cauliflower & Sweet Potato Curry, Gunpowder Potatoes (Ve) Alternatively, can be served with Half Mixed Rice & Gunpowder Potatoes	Cheese & Tomato Pizza & Wedges/Chips (V) 
Vegetable Cheeseburger (V) 	Panini of the Day Pepperoni or Cheesy Bean (V) Pizza Topped Baguette Pepperoni or Margherita (V) 	Halal Chicken Sausage Roll 	BBQ Veggie Melt (V) 	Pepperoni Pizza & Wedges/Chips 
Vegetable Tikka Masala & Rice 	Tomato & Basil Pasta Pot 	Sweet & Sour Chicken Noodles 	Pesto Pasta Pot	Beef Bolognese Pasta Pot 
	Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka 
Baked Beans Garlic Green Beans Garlic Bread, Garden Salad	Baked Beans Roasted Sweetcorn Wedges, Garden Salad	Seasonal Mixed Vegetables Garden Salad	Baked Beans Steamed Broccoli Peas Mixed Salad	