

Spring Term 1 Lunch menu



Week one

Week commencing: 6/01, 20/01, 3/02



<i>Meat free Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Take away-Thursday</i>	<i>SUB-DAY Friday</i>
Homemade tomato and basil pasta Cook's homemade mac & cheese sweetcorn garlic bread	Homemade chicken & butternut squash curry served with rice & naan bread	Roast turkey roast potatoes Yorkshire pudding seasonal vegetables gravy	Chicken burger crispy fries coleslaw salad sauce	Turkey sub roll ready salted crisps fresh fruit choice
	Homemade tofu vegetable & potato curry Served with rice & naan bread	Vegetable cheese lattice roast potatoes Yorkshire pudding seasonal vegetables gravy	Chick less burger crispy fries coleslaw sauce	Tuna sub roll ready salted crisps fresh fruit choice
Jacket potato with a selection of toppings	Jacket potato with a selection of toppings	Salmon roll	Jacket potato with a selection of toppings	Cheese sub roll ready salted crisp fresh fruit choice
<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls

Desserts

Flavoured ice-cream pot with fruit Also available: - cheese and crackers - low fat fruit yoghurt - fresh fruit selection	Homemade apple flapjack Also available: - cheese and crackers - low fat fruit yoghurt - fresh fruit selection	Fresh fruit choice Also available: - cheese and crackers - Fat free natural Greek yoghurt - fresh and dried fruit selection	Homemade pear sponge Also available: - cheese and crackers - low fat fruit yoghurt - fresh fruit selection	Homemade shortbread Also available: - cheese and crackers - low fat fruit yoghurt - fresh fruit selection
---	--	--	---	--

Reduced salts and sugars – free range – farm assured – Red Tractor – sustainably sourced fish – low fat dairy – wholegrain and wholemeal - high fibre breads – Quorn-Vegan

Spring Term 1 Lunch menu



Week two

Week commencing 13/01, 27/01, 10/02



<i>Meat free Monday</i>	<i>Taco-Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>SUB-DAY Friday</i>
Cheese and tomato pizza Garlic bread Sweetcorn	Homemade beef nacho's cheese sauce sour cream salsa	Roast turkey roast potatoes Yorkshire pudding seasonal vegetables gravy	Homemade sticky chicken wrap savoury rice sweetcorn coleslaw	Turkey sub roll ready salted crisps fresh fruit choice
	Homemade 5 bean chilli nacho's cheese sauce sour cream salsa	Vegetable cheese lattice roast potatoes Yorkshire pudding seasonal vegetables gravy	Homemade sticky non chicken wrap Savoury rice Sweetcorn coleslaw	Tuna sub roll ready salted crisps fresh fruit choice
Jacket potato with a selection of toppings	Jacket potato with a selection of toppings	Fish Finger roll	Jacket potato with a selection of toppings	Cheese sub roll ready salted crisp fresh fruit choice
<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls	<u>Salad bar</u> lettuce, tomato, cucumber, sweetcorn, and mini wholemeal rolls

Desserts

Flavoured ice cream pot with fruit Also available: - cheese and crackers - Yeo organic fruit yoghurt - fresh and dried fruit selection	Homemade oatly fruit crunch & custard Also available: - cheese and crackers - Yeo organic fruit yoghurt - fresh and dried fruit selection	Fresh fruit choice Also available: - cheese and crackers - Fat free natural Greek yoghurt - fresh and dried fruit selection	Homemade apple & banana cake Also available: - cheese and crackers - Yeo organic fruit yoghurt - fresh fruit selection	Homemade shortbread biscuit Also available: - cheese and crackers - Yeo organic fruit yoghurt - fresh fruit selection
---	--	--	---	--

Reduced salts and sugars – free range – farm assured – Red Tractor – sustainably sourced fish – low fat dairy – wholegrain and wholemeal - high fibre breads – Quorn-Vegan