Lunch Menu

All our meals are carefully checked for allergens, and alternative options are available

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	Meat Free Monday	Traditional Tuesday	Bowl'd Over	Thursd'yay	Friyay!
Main Course	Wholewheat penne with a selection of sauces and toppings	Creamy chicken and red pepper stroganoff	Pulled soy & ginger chicken and vegetable Ramen	Sri Lankan beef & potato curry	Crispy battered fish and chunky chips
Main Course (Vegetarian)	Wholewheat penne with a selection of sauces and toppings	Creamy Quorn and mushroom stroganoff	Crispy fried tofu and vegetable ramen	Indian chickpea and butternut dhal	Breaded veggie fingers and chunky chips
Little Stars (Pre Prep)	Wholewheat penne with tomato & basil sauce, garlic bread and steamed broccoli	Creamy stroganoff with rice, peas and sweetcorn	Ramen with spring roll and steamed broccoli	Mild beef and potato curry with steamed rice, cauliflower and naan bread	Fish fingers and chunky chips with peas
Side Orders	Tomato & basil sauce Three cheese sauce Pesto pasta Flaked salmon Steamed broccoli Garlic bread	Steamed rice Peas and sweetcorn Spinach salad	Vegetable spring rolls Grilled garlic broccoli Tasty broth Spicy chilli broth Moo Shu mushrooms	Steamed rice Roasted cauliflower Warm flat bread Stevie's mango chutney Cucumber mint yoghurt	Chunky chips Steamed peas Mushy peas Tartar sauce Lemon wedge
Seasonal Salad Bar	Mixed salad Boiled eggs Mixed bread Dressings	Mixed salad Boiled eggs Mixed bread Dressings	Mixed salad Hand sliced ham Mixed bread Dressings	Mixed salad Plain tuna Mixed bread Dressings	Mixed salad Sliced cold meats Mixed bread Dressings
Dessert Of The Day	Reduced sugar pineapple cake with vanilla yoghurt drizzle	Warm rice pudding with apple compote	Fruit topped yoghurt pots	Tropical fruit pots	Carrot & sultana flapjack

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Meat Free Monday	Traditional Tuesday	Bowl'd Over	Thursd'yay	Friyay!
Main Course	Golden jacket potato Baked sweet potato	Thyme roast chicken breast with all the trimmings	Beef and vegetable burrito Bowl with mixed beans	Thai green chicken and vegetable curry with steamed rice	Beef & roasted pepper lasagne
Main Course (Vegetarian)	Golden jacket potato Baked sweet potato	Thyme roasted tofu with all the trimmings	Mexican spiced halloumi burrito bowl with mixed beans	Thai green sweet potato and chickpea curry	Red lentil & spinach lasagne
Little Stars (Pre Prep)	Golden jacket potato with cheese & beans with mixed salad	Thyme roast chicken dinner with all the trimmings	Burrito bowl with rice and beans, vegetables and warm tortilla chips	Thai green curry with rice, vegetables and a spring roll	Lasagne with side salad, garlic bread and green beans
Side Orders	Garlic mushrooms Pepper & bean chilli Baked beans Cheddar cheese Tuna mayo Mixed salad	Crispy new potatoes Steamed greens Roasted honey carrots Herby stuffing Yorkshire pudding Light gravy	Black eyed beans, rice, green beans and peppers Sour cream Tortilla chips Tomato salsa Herb salad	Steamed rice Steamed green vegetables Vegetable spring rolls Bok choi & red peppers	Green beans Garlic bread Tomato salad Sour cream dressing
Seasonal Salad Bar	Mixed salad Boiled eggs Mixed bread Dressings	Mixed salad Chicken breast Mixed bread Dressings	Mixed salad Hand sliced ham Mixed bread Dressings	Mixed salad Plain tuna Mixed bread Dressings	Mixed salad Sliced cold meats Mixed bread Dressings
Dessert Of The Day	Reduced sugar lemon & poppy seed muffin bake	Forest berry yoghurt mess	Fruit Topped Jelly	Exotic Fruit Salad	Julie's Cookies A Wonderful Cookie from Julie's Recipe Book

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
	Meat Free Monday	Traditional Tuesday	Bowl'd Over	Thursd'yay	Friyay!
Main Course	Mozzarella and tuna pizza panini	Pork & leek sausages and creamy mash	Crispy chicken thigh teriyaki bowl	Not so spicy Mexican pork & bean chilli	Try Something New Day Look out for Posters
Main Course (Vegetarian)	Mozzarella and tomato pizza panini	Veggie sausages & creamy mash	Crispy tofu teriyaki bowl	Not so spicy Mexican lentil & bean chilli	Try Something New Day Look out for Posters
Little Stars (Pre Prep)	Tomato and mozzarella pizza panini with sweetcorn and mixed salad	Sausage & mash with peas and gravy	Teriyaki bowl with steamed rice, vegetables and spring Roll	Chilli with hand cut baby wedges, sweetcorn and sour cream	Try Something New Day Look out for Posters
Side Orders	Rocket, basil and cherry tomato salad Warm sweetcorn & spring onion salad Buttered baby potatoes	Creamy mashed potato Steamed peas Carrots Gravy Fried red peppers and onions	Steamed rice Grilled broccoli Bean sprout stir-fry Vegetable spring roll	Baby wedges Sweetcorn & peppers Sour cream Tomato salsa	Try Something New Day Look out for Posters
Seasonal Salad Bar	Mixed salad Boiled eggs Mixed bread Dressings	Mixed salad Boiled eggs Mixed bread Dressings	Mixed salad Hand sliced ham Mixed bread Dressings	Mixed salad Plain tuna Mixed bread Dressings	Mixed salad Sliced cold meats Mixed bread Dressings
Dessert Of The Day	Reduced sugar warm marmalade cake with coconut crème fraiche	Warm poached pears with maple granola and mascarpone	Mango & coconut boba	Fresh fruit salad	Try Something New Day Look out for Posters