

Lunch Menu

Week 1
Autumn Term

Meat FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup

Staff & FVI

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Served with Freshly Made Bread

Main Meal

Jacket Potato
& Topping of choice
Chilli, Cheese, Tuna,
Coleslaw, Sour Cream
(E, F, M)

Sweet Sticky Chicken
(So) (Halal)

Chicken Fajita
Served with cheese and sour
cream
(G, M, Mu) (Halal)

Turkey Bolognaise
(Ce) (Halal)

Fish Fingers &
Vegetarian Goujons
(E, F, G)

Veggie Meal

Veggie Chilli
(Ce)

Sweet Sticky Veg
Stir fry
(So)

Vegetable Fajita with cheese
and sour cream
(G, M, Mu)

Quorn Bolognaise
(G, So)

Seasonal Vegetable
Frittata
(E, M)

Served With

Mixed Salad
Coleslaw
(E)

Rice
Sweetcorn
Peppers

Rice
Lettuce

Spaghetti (G)
Broccoli
Sweetcorn

Wedges
Baked Beans
Peas

Available Daily: Jacket Potatoes with Toppings | Salad | Wholewheat Pasta upon request

Dessert

Fresh Fruit Yogurt
(M)

Seasonal Fruit
Crumble & Custard
(G, M)

Choc-chip Cookies
(G, M, So)

Flapjack Squares
(G, M)

Banoffee Pie
(G, M)

Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, or Yoghurt
Gluten Free and Milk Free alternatives are available for Main Meals and Desserts

Dietary Information: Ce – Celery, So – Soy, E – Eggs, F – Fish, G – Gluten, Su – Sulphur, Cr – Crustacean, L – Lupin, M – Milk, Mo – Molluscs, Mu – Mustard, N – Tree Nuts, P – Peanuts, Se – Sesame - Bread products bought in 'may contain sesame' but we avoid using sesame seeds

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Lunch Menu

Week 2
Autumn Term

Meat FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Staff & FVI

Served with Freshly Made Bread

Main Meal

Cheesy Tomato Pasta Bake
Garlic Bread
(G,M, Se)

Chicken Curry
(Halal)

Honey Roasted gammon ham and gravy

Pizza Day
Margarita, Peperoni
(E,G,M, So, Su)

Chicken or Vegetarian Goujons
(G, So) (Halal)

Veggie Meal

Cauliflower & Broccoli Cheddar Fritters
(E,G,M)

Vegetable Curry
(E,So)

Quorn Vegan Fillets
(G)

Mushroom and garlic pizza
(G, M)

Mediterranean Quiche
(E,G,M)

Served With

Broccoli & Peas

Jasmine Rice
Carrots
Sweetcorn

Roast Potatoes
Savoy Cabbage
Roasted Carrots

Chips
Grated Carrot Salad
Coleslaw
(E)

Wedge style chips
Garden Peas
Baked Beans

Available Daily: Jacket Potatoes with Toppings | Salad | Wholewheat Pasta upon request

Dessert

Fresh Fruit Yogurt
(M)

Fruit Crumble & Custard
(G,M, So)

Chocolate Ice cream
(M)

Blueberry Muffin
(E, G, M, Su)

Golden Syrup Sponge & Custard
(G, E, M)

Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, Yoghurt
Gluten Free and Milk Free alternatives will be available for Main Meals and Desserts

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Lunch Menu

Week 3
Autumn Term

Meat FREE

MONDAY

Soup of the day

TUESDAY

Soup of the Day

WEDNESDAY

Soup of the Day

THURSDAY

Soup of the Day

FRIDAY

Soup of the Day

Served with Freshly Made Bread

Soup

Staff & FVI

Main Meal

Pasta Bar
Tomato Sauce, Pesto, Plain,
Tuna
(E, F, G, M, SU)

Chilli Con Carne
(Halal)

Chicken Pie
(G) (Halal)

Swedish Meatballs
(G, E, M, Ce)

Hot dogs
(So, Su)
Pork, Veg, Chicken Halal

Veggie Meal

Mushroom Risotto
(M)

Vegetable Chilli
(Ce)

Vegetable Pie
(G)

Swedish Quornballs
(G, M) (Halal)

Potato & Onion Tortilla
(E, M)

Served With

Broccoli
Garlic Bread
(G)

Rice
Sour Cream
Grated Cheese
(M)

New Potatoes
Peas
Carrots

Pasta
Savoy Cabbage
Roasted Carrots
(G)

Chips
Beans
Peas

Available Daily: Jacket Potatoes with Toppings | Salad | Wholewheat Pasta upon request

Dessert

Caramel Pudding
(M)

Chocolate Sponge &
Custard
(E, G, M, So)

Fresh Fruit Yogurt
(M)

Buttermilk Pancakes
(E, G, M)

Rocky Road Squares
(G, So, M)

Available Daily: A selection of Whole Fresh Fruit, Fruit Pots, Yoghurt
Gluten Free and Milk Free alternatives will be available for Main Meals and Desserts

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