

W/C 21<sup>st</sup> April  
12<sup>th</sup> May  
9<sup>th</sup> June  
30<sup>th</sup> June

## MAIN MEALS

21<sup>st</sup> July  
1<sup>st</sup> September  
22<sup>nd</sup> September  
13<sup>th</sup> October

### Option One

Caribbean Butterbean  
Stew (VE) with Rice and  
Peas (VE)



Creamy Chickpea and  
Coconut Curry (VE) with  
50/50 Wholemeal Rice  
(VE) and Homemade  
Flatbread (VE)



BBQ Quorn (VE) with  
Roasted Potatoes (VE)



Vegetable Lasagne with  
Garlic and Herb Bread



Homemade Beetroot  
and Lentil Burger  
(VE) with  
Chips (VE)



### Option Two

Chinese Vegetable  
Noodles (V)



Chef James' Chicken  
Jollof Rice



Roast Chicken with  
Stuffing, Roasted  
potatoes and  
Gravy



Beef Lasagne  
with Garlic  
and  
Herb Bread



Breaded fish & chips  
with tomato sauce

### Option Three

Jacket Potato with  
cheese or beans

Jacket Potato with  
beans or Tuna

Jacket Potato with  
cheese or beans

Jacket Potato with  
beans or Tuna

Jacket Potato with  
cheese or beans

### Vegetables

Broccoli (VE)   
Sweetcorn (VE)

Butternut Squash (VE)   
Green Beans (VE)

Peas (VE)   
Cabbage (VE)

Cauliflower (VE)   
Roasted Peppers (VE)

Carrots (VE)   
Peas (VE)

### Salad Bar

Roasted Chickpea  
Salad (VE)   
Carrot Sticks (VE)   
Mixed Lettuce (VE)   
Diced Peppers (VE)   
Coleslaw (V)

Beetroot and Orange  
Salad (VE)   
Tomato Pasta (VE)   
Olives (VE)   
Lettuce (VE)   
Tomatoes (VE)

Roasted Sweet  
Potato (VE)   
Lettuce (VE)   
Pepper Sticks (VE)   
Cucumber (VE)   
Carrot Sticks (VE)

Rainbow Slaw (VE)   
Green Beans (VE)   
Cucumber (VE)   
Tabbouleh Salad (VE)   
Beetroot (VE)

Lettuce (VE)   
Tomatoes (VE)   
BBQ Noodle Salad (V)   
Grated Carrot (VE)   
Sweetcorn (VE)

## DESSERT

### Dessert

Yoghurt (V) or Vegan  
Custard (VE) with  
Sunflower Seeds and  
Fresh Fruit – Grapes,  
Banana and Orange  
(VE)

Seeded Apple  
Flapjack (VE)



Wholemeal Peach  
and Carrot Cake (V)   
with Custard (VE)



Yoghurt (V) or Vegan  
Custard (VE) with Sunflower  
Seeds and Fresh Fruit –  
Apple, Watermelon and  
Pineapple (VE)



Strawberry Jelly with  
Peaches and  
Mandarins (VE)

### MENU KEY



Added Plant Protein  
(50% of the protein  
is from a plant-  
based source)



Contains  
Flaxseed or Chia  
Seed (High in  
Omega-3)



Wholemeal  
Planet Friendly, Low  
Carbon Option



Local Red  
Tractor Meat



Local, Seasonal  
Fruit & Veg  
(V) Vegetarian  
(VE) Vegan

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) – Fresh Fruit (VE) – Natural Yoghurt (V/VE) – Drinking Milk (V/VE)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/C 28<sup>th</sup> April  
19<sup>th</sup> May  
16<sup>th</sup> June  
7<sup>th</sup> July

MAIN  
MEALS

8<sup>th</sup> September  
29<sup>th</sup> September  
20<sup>th</sup> October

Option One

Chef Mariam's  
Vegetable Bean  
Couscous (VE) with  
Sweetcorn Bread (VE)



Chickpea and  
Vegetable  
Biryani (VE)  
with Turmeric  
Bread (VE)



Vegetarian  
wellington with Roast  
Potato and Gravy



Quorn and Bean Fajitas  
(VE) with Mexican Rice  
(VE)

Wholemeal Cheese  
and  
Tomato Quiche (V)  
with Chips (VE)



Option Two

Soya Mince Mexican  
Chilli (VE) with 50/50  
Wholemeal Rice (VE),  
and Sweetcorn  
Bread (VE)



Hearty Beef  
and  
Lentil Bolognaise  
with Wholemeal  
Penne



Roast Turkey,  
Stuffing, Roast  
Potatoes and  
Gravy



Caribbean Spiced  
Chicken  
with Rice and Peas

Breaded Fish with  
Chips and Tomato  
Sauce

Option Three

Jacket Potato with  
Cheese or beans

Jacket Potato with  
tuna or beans

Jacket Potato with  
cheese or beans

Jacket potato with tuna  
or beans

Jacket potato with  
cheese or beans

VEGETABLES  
AND SALAD

Vegetables

Sweetcorn (VE)  
Cauliflower (VE)



Carrots (VE)  
Courgettes (VE)



Cauliflower (VE)  
Green Beans (VE)



Broccoli (VE)  
Red Cabbage (VE)



Peas (VE)  
Baked Beans (VE)

Salad Bar

Grated Carrot (VE)  
Cucumber Sticks (VE)  
Sweet Potato Power  
Salad (VE)  
Tomato Salsa (VE)  
Beetroot (VE)



Lettuce (VE)  
Tomato Pasta (VE)  
Olives (VE)  
Carrot Sticks (VE)  
Cucumber Slices (VE)



Roasted Vegetable  
and Lentil Salad (VE)  
Carrot Sticks (VE)  
Mixed Lettuce (VE)  
Green Beans (VE)  
Diced Pepper (VE)



Coleslaw (V)  
Mixed Bean Salad (VE)  
Cucumber (VE)  
Pepper Sticks (VE)  
Sweetcorn (VE)



Beetroot (VE)  
Rainbow Slaw (VE)  
Iceberg Lettuce (VE)  
Tomatoes (VE)  
Couscous Salad (VE)



DESSERT

Dessert

Peach and Strawberry  
Crumble (VE)



Yoghurt (V) or Vegan  
Custard (VE) and Fresh  
Fruit - Banana,  
Watermelon and  
Apple (VE)



Mandarin Sponge  
Cake (VE)



Yoghurt (V) or Vegan  
Custard (VE) with  
Sunflower Seeds and  
Fresh Fruit - Pineapple,  
Orange and Apple  
(VE)



Lemon Shortbread  
(VE)



MENU KEY



Added Plant Protein  
(50% of the protein  
is from a plant-  
based source)



Contains  
Flaxseed or Chia  
Seed (High in  
Omega-3)



Wholemeal

Planet Friendly, Low  
Carbon Option



Local Red  
Tractor Meat



Local, Seasonal  
Fruit & Veg  
(V) Vegetarian  
(VE) Vegan

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/C  
5<sup>th</sup> May  
2<sup>nd</sup> June  
23<sup>rd</sup> June

MAIN  
MEALS

14<sup>th</sup> July  
15<sup>th</sup> September  
6<sup>th</sup> October

Option One

Lentil and Sweet  
Potato Curry (VE) with  
50/50 Wholemeal Rice  
(VE) and Turmeric  
Bread (VE)



Turkish Vegan Soya  
Kofta (VE) with Lemon  
and Herb Couscous,  
Homemade Flatbread  
and Houmous (VE)



Rainbow Pizza  
Slices (V) with  
Pasta Salad (VE)



Lentil and Basil  
Whirl (VE) with  
Chips (VE)



Option Two

Tomato, Lentil and  
Roasted Vegetable  
Wholemeal Penne  
Pasta (VE)



Beef Burger with  
Sweet Potato Wedges



Chicken Tikka  
Masala with  
50/50  
Wholemeal  
Rice



Peri-Peri Chicken with  
Chips, Sweetcorn Salsa  
and Roasted Veg and  
Olive Bread



Breaded Fish & Chips  
with tomato sauce

Option Three

Jacket Potato with  
Cheese or beans



Jacket Potato with  
Tuna or Beans

Jacket Potato with  
cheese or beans

Jacket Potato with tuna  
or beans

Jacket Potato with  
cheese or beans

Vegetables

Baked Beans (VE)  
Broccoli (VE)



Carrots (VE)  
Peppers (VE)



Peas (VE)  
Cauliflower (VE)



Sweetcorn (VE)  
Carrots (VE)



Coleslaw (VE)  
Green Beans (VE)



Salad Bar

Tomatoes (VE)  
Beetroot (VE)  
Grated Carrot (VE)  
Butternut Squash (VE)  
Mixed Lettuce (VE)



Rainbow Slaw (VE)  
Olives (VE)  
Cucumber Sticks (VE)  
Green Bean Salad (VE)  
Vegetable Pasta Salad  
(VE)



Sweet Potato Salad  
(VE)  
Carrot Sticks (VE)  
Diced Pepper (VE)  
Sweetcorn Salsa (VE)  
Tomatoes (VE)



Apple and Raisin Salad  
(V)  
Cucumber Slices (VE)  
Grated Carrot (VE)  
Mixed Lettuce (VE)  
Pepper Sticks (VE)



Mixed Bean Salad (VE)  
Beetroot (VE)  
Iceberg Lettuce (VE)  
Tomatoes (VE)  
Couscous Salad (VE)



DESSERT

Dessert

Savoury Cheese and  
Courgette Scone (V)  
or Vegan Sheese and  
Courgette Scone (VE)



Yoghurt (V) or Vegan  
Custard (VE) with  
Sunflower Seeds and  
Fresh Fruit – Honeydew  
Melon, Orange and  
Apple (VE)



Apple and Pear  
Crumble (VE) with  
Custard (V)



Pineapple Upside Down  
Cake (V)



Yoghurt (V) or Vegan  
Custard (VE) with  
Sunflower Seeds and  
Fresh Fruit – Banana,  
Pineapple and Grapes  
(VE)

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