

MEAL DEAL:
OPTION 1, 2 OR 3, LARGE WATER AND
BISCUITS OR FRUIT £2.50

LUNCH Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (FRY - DAY)
Option 1 (£2.00)	Marinated Chicken Shawarma served with Rainbow Slaw and Crispy Salad (G)	Shepherd's Pie served with Broccoli and Homemade Yorkshire pudding (M, G, E)	Gammon, New Potatoes, Carrots, Cabbage and gravy	Enchiladas, Pea rice and leaf Salad (G, M)	Battered Fish or jumbo sausage Chunky Chips with Beans or Mushy Peas (G, F, Su)
Option 2 (£2.00)	Homemade Tomato Soup with Cheesy Crusty Bread (G, M, So*)	Chinese Noodle Stir-fry (G, Se, So, E)	Baked cauliflower cheese, new potatoes, carrots, cabbage and gravy (G, M)	Black Bean Enchiladas (G)	Fishless Fingers, Chunky chips with beans or mushy peas (G)
Option 3 (£2.00)	Loaded Beef Nacho's	Spicy Cheese melt Chicken burger Or Plain Chicken Burger (G, M, Se*)	Flat breads Cheese & Ham Cheese & Tomato Cheese & Pepperoni (G, M, E*)	Selection of Pizza's Cheese & Tomato Cheese & Pepperoni (M, G, Mu*, So*)	Chicken Tikka, Rice and sweetcorn Salad (M)
Dessert	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits

OTHER DAILY SELECTIONS:

Baked Potatoes with Cheese, Beans, Tuna or Coleslaw
Plain **£1.00**
1 filling **£1.50**
2 filling **£1.80**



Salad bar Filled with vegetables, proteins, pasta, rice and noodles.
£1.80
Small **£1.00**

Sandwiches/ wraps Variety of fillings
From £1.60 - £2.00



Pasta Dish served with bread roll and Salad
£2.00

Allergen Key: May Contain*

Celery – **C**
Eggs – **E**
Milk – **M**
Nuts – **N**
Soya - **So**

Gluten – **G**
Fish – **F**
Molluscs – **Mo**
Peanuts – **P**
Sulphur Dioxide - **Su**

Crustaceans – **Cr**
Lupin – **L**
Mustard – **Mu**
Sesame Seeds - **Se**


If you have a food allergy or intolerance, please ask a member of staff about the ingredients in your meal.



MEAL DEAL:
OPTION 1, 2 OR 3, LARGE WATER AND
BISCUITS OR FRUIT £2.50

LUNCH Menu

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 (£2.00)	Chicken Fajita, Mexican rice, Salad, Choice of Sauce  (G)	Homemade Jamaican Curry and Rice (Mu*, C*)	Sausage, Mash, Carrots, Yorkshire Pudding and gravy (G, E, M, SU)	Chicken Korma, Sunshine Vegetable rice. (M)	Meat and potato pie with Garden peas (G)
Option 2 (£2.00)	Veggie Fajitas, Mexican Rice, Salad, Choice of Sauce (G E)	Tex Mex burrito (G)	Quorn sausage, mash, Carrots, Yorkshire Pudding and gravy (G, M, E)	Veggie curry, Sunshine Vegetable Rice (E, M)	Cheese, onion and broccoli flan with a side Salad (G, E, M)
Option 3 (£2.00)	Chili and rice with Nachos	Selection of Paninis Tuna Melt Cheese & Tomato Cheese & pepperoni Ham & Cheese (G, E, F, M, Se*)	Jerk chicken drumsticks, diced potatoes and Coleslaw (Mu, Su, G)	Meatball sub roll (G, E, M)	Southern fried Chicken Wrap with a choice of Salad and sauces (G)
Dessert	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits

OTHER DAILY SELECTIONS:

Baked Potatoes with Cheese, Beans, Tuna or Coleslaw
Plain **£1.00**
1filling **£1.50**
2filling **£1.80**



Salad bar
Filled with vegetables, proteins, pasta, rice and noodles.
£1.80
Small **£1.00**

Sandwiches/wraps
Variety of fillings
£1.60 – £2.00



Pasta Dish
served with bread roll and Salad
£2.00

Allergen Key:

May Contain*

Celery – C
Eggs – E
Milk – M
Nuts – N
Soya - So

Gluten – G
Fish – F
Molluscs – Mo
Peanuts – P
Sulphur Dioxide - Su


Crustaceans – Cr
Lupin – L
Mustard – Mu
Sesame Seeds - Se

If you have a food allergy or intolerance, please ask a member of staff about the ingredients in your meal.



LUNCH Menu

Week 3

	MONDAY (Meat free)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 (£2.00)	Sweet Potato and Chickpea curry, Steamed Rice and Green Beans (M)	Hunters Chicken, Chips and Coleslaw (E)	Homemade Lasagna, Beetroot salad and garlic bread (G, M, So*)	Tandoori burrito bowl 	Beef noodle stir fry in Hoi sin Sauce (G, E, Se, So)
Option 2 (£2.00)	Spring rolls, Side Salad and Chili Dip (C, G, E, M, So)	Mac 'n' cheese Served with Sweetcorn Salad (G, M)	Vegetarian lasagna, Beetroot salad and garlic bread (G, M, So)	Quorn burrito bowl (E, M)	Vegetable Stir fry (G, E, Se, So)
Option 3 (£2.00)	Fish goujon on a floured bap with lettuce (G, F, So, Cr*, E*, Se)	Hot turkey and stuffing sub roll (G, E*, M*)	Sweet chili Chicken Chunks, Onion Rice and Leaf Salad (G)	Beef burger (G, Se*)	Southern fried Chicken wrap with a choice of salad and sauces (G)
Dessert	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits	Selection of Cakes Fresh Fruit Selection of biscuits

OTHER DAILY SELECTIONS:

Baked Potatoes
with Cheese, Beans, Tuna or Coleslaw
Plain **£1.00**
1filling **£1.50**
2filling **£1.80**



Salad bar
Filled with vegetables, proteins, pasta, rice and noodles.
£1.80
Small £1.00

Sandwiches/ wraps
Variety of fillings
From £1.60 - £2.00



Pasta Dish
served with bread roll and Salad
£2.00

Allergen Key:

May Contain*

Celery - **C**
Eggs - **E**
Milk - **M**
Nuts - **N**
Soya - **So**

Gluten - **G**
Fish - **F**
Molluscs - **Mo**
Peanuts - **P**
Sulphur Dioxide - **Su**

Crustaceans - **Cr**
Lupin - **L**
Mustard - **Mu**
Sesame Seeds - **Se**

If you have a food allergy or intolerance, please ask a member of staff about the ingredients in your meal.

