

**MONDAY**  
Planet Friendly Day

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN MEALS**

**Option One**

Hearty Lentil and Roasted Vegetable Pasta (VE)



Autumn Harvest Lasagne (V)



Lentil Wellington with Roast Potatoes and Gravy (VE)



Lentil and Saucy Tomato Pasta Bake (VE)

Red Pepper Frittata with New Potatoes & Tomato Sauce (V)

**Option Two**

Planet friendly Balls in Tomato Sauce with Rice (VE)



Beef Lasagne with Garlic Bread



Roast Chicken, Stuffing, Roast Potato's and Gravy



**NEW** Chicken Biryani with Turmeric Bread

Breaded Fish with Chips and Tomato Sauce

**VEGETABLES AND SALAD**

**Vegetables**

Broccoli (VE)  
Carrots (VE)



Green Beans (VE)  
Cauliflower (VE)



Peas (VE)  
Red Cabbage (VE)



Butternut Squash (VE)  
Roasted Peppers (VE)



Peas (VE)  
Sweetcorn (VE)



**Salad Bar**

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



Lettuce (VE)  
Pepper Sticks (VE)  
BBQ Noodle Salad (V)  
Grated Carrot (VE)  
Roasted Chickpea Salad(VE)



Roasted Sweet Potato (VE)  
Carrot Sticks (VE)  
Mixed Lettuce (VE)  
Diced Peppers (VE)  
Coleslaw (V)



Sweetcorn (VE)  
Tomatoes (VE)  
Lettuce (VE)  
Cucumber (VE)  
Carrot Sticks (VE)



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



**DESSERT**

**Dessert**

Yoghurt (V) and Fresh Fruit (VE)



**NEW** Apple Crumb Cake with Custard (V)

Yoghurt (V) and Fresh Fruit (VE)



Strawberry Jelly with Mandarins (VE)

Yoghurt (V) and Tinned Peaches (VE)

**MENU KEY**

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

Wholemeal  
 Planet Friendly, Low Carbon Option

Local Red Tractor Meat

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

**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)

**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.

**MONDAY**

Planet Friendly Day

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN MEALS**

**Option One**

**NEW** Chefs Special Lentil Curry with Rice and Homemade Flatbread (VE)



Classic Cheese and Tomato Pizza with Wedges (V)



BBQ Quorn with Seasoned Potatoes and Sweetcorn Salsa (VE)



Hearty Spaghetti Bolognaise (VE)



Smashed Bean & Lentil Patty(VE) with Potato wedges

**Option Two**

Creamy Chickpea and Coconut Curry with Rice (VE)



Chicken and Sweetcorn Meatballs in Tomato Sauce with 50/50 Rice



BBQ Chicken with Seasoned Potatoes and Sweetcorn Salsa



Hearty Beef and Lentil Bolognaise with Spaghetti



Salmon Fishfingers with Chips & Tomato Sauce

**VEGETABLES AND SALAD**

**Vegetables**

Green Beans (VE) ☀️  
Cauliflower (VE)

Carrots (VE) ☀️  
Sweetcorn (VE)

Broccoli (VE) ☀️  
Peas (VE)

Leeks (VE) ☀️  
Courgettes (VE)

Peas (VE) ☀️  
Baked Beans (VE)

**Salad Bar**

Sweet Potato ☀️  
Power Salad (VE) ☀️  
Mixed Lettuce (VE) ☀️  
Carrot Sticks (VE) ☀️  
Pepper Sticks (VE) ☀️  
Sweetcorn (VE) ☀️

Mixed Bean Salad (VE) ☀️  
Coleslaw (V) ☀️  
Green Beans (VE) ☀️  
Diced Pepper (VE) ☀️  
Cucumber (VE) ☀️

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

Grated Carrot (VE) ☀️  
Cucumber Sticks (VE) ☀️  
Roasted Vegetable and Lentil Salad (VE) ☀️  
Tomato Salsa (VE) ☀️  
Beetroot (VE) ☀️

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

**DESSERT**

**Dessert**

Peach Upside Down Cake (V)

Yoghurt (V) and Fresh Fruit (VE) ☀️

Yoghurt (V) With Tinned fruit (VE)

Sticky Apple Crumble (VE) with Custard (V)



Yoghurt (V) and Fresh Fruit – Apple, Watermelon (VE)

**MENU KEY**



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



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) -

**MONDAY**

Planet Friendly Day

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**MAIN MEALS**

**Option One**

Mild Mexican Chilli with 50/50 Rice (VE)

Cheese and Bean Pasty with Wedges(V)

Planet Friendly Sausage and Mashed Potatoes and Gravy (VE)

Caribbean Stew with Golden Rice (VE)

Crunch-Topped Pasta bake (VE)

**Option Two**

Macaroni Cheese and Tomato and Herb Bread (V)

**NEW**  
Chicken Enchilada Bake with Paprika Wedges

Minced Beef Cottage Pie

Mild Caribbean Chicken with Golden Rice

Fishfingers with Chips & Tomato Sauce

**VEGETABLES AND SALAD**

**Vegetables**

Baked Beans (VE)  
Peas (VE)

Sweetcorn (VE)  
Broccoli (VE)

Green Beans (VE)  
Cauliflower (VE)

Carrots (VE)  
Peppers (VE)

Coleslaw (VE)  
Peas(VE)

**Salad Bar**

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

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

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

Tomatoes (VE)  
Beetroot (VE)  
Butternut Squash (VE)  
Mixed Lettuce (VE)  
Cucumber Sticks (VE)

Rainbow Slaw (VE)  
Olives (VE)  
Grated Carrot (VE)  
Green Bean Salad (VE)  
Vegetable Pasta Salad (VE)

**DESSERT**

**Dessert**

Yoghurt (V) and Tinned Peaches (VE)

Winter Pear Crumble with Custard (V)

Yoghurt (V) and Fresh Fruit - Banana, Watermelon (VE)

Yoghurt (V) and Fresh Fruit (VE)

Chocolate and Apple Sponge and Chocolate Sauce (V)

**MENU KEY**

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

Wholemeal  
 Planet Friendly, Low Carbon Option

Local Red Tractor Meat

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

**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) -

**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.