

LUNCH

WEEK 1

01/09/26, 21/09/26, 12/10/26,
16/11/26 & 07/12/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLUTEN FREE	Roasted sweet potato & green lentil dahl	Turkey chilli con carne	Gluten free pasta bake	Roast chicken	Gluten free fish fingers
MAIN MEAL 1	Toasted ciabatta topped with tomato sauce & mozzarella	Mild turkey chilli con carne finished with fresh coriander	"Make it mine Wednesday" Meat feast macaroni bake Three cheese macaroni bake	Roast chicken	"Sustainable Friday" Giant fish fingers served with sautéed new potato Vegetarian fish fingers served with lemon wedges
MEAN MEAL 2	Sweet potato & apricot tagine	Roasted mixed vegetables & sweetcorn chilli finished with fresh coriander		Chestnut Mushroom & cranberry sausage roll	
ON THE SIDE	Baked new potato finished with fresh parsley & broccoli	Coriander & lemon rice, green beans Jacket potato cheese & beans	Panache vegetables, fresh chopped herbs Jacket potato cheese & beans	Roast potatoes, Honey roasted carrot, Yorkshire pudding & rich gravy Jacket potato cheese & beans	Garden peas & sweetcorn, lemon wedges & tartar sauce Jacket potato cheese & beans
DESSERT	Jam doughnuts	Fresh cut fruit, yoghurt & fruit jelly	Berry & coconut cake	Fresh cut fruit, yoghurt & fruit jelly	Banana & cinnamon cake served with lime cream
EVERY DAY	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

LUNCH

WEEK 2

07/09/26, 28/09/26, 02/11/26
& 23/11/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLUTEN FREE	Roasted courgettes risotto	Chicken tikka masala	Gluten free pizza	Lamb bourguignon	Gluten free fish finger
MAIN MEAL 1	"Meat free Monday" Roasted winter vegetables & red lentil lasagne Roasted courgettes & sugar snaps risotto	Chicken tikka masala finished with fresh yogurt	"Make it mine Wednesday"	Lamb bourguignon	"Sustainable Friday"
MAIN MEAL 2		Green lentil & roast pepper dhal finished with fresh coriander	Pizza wedge then add YOUR toppings! Pepperoni, BBQ chicken Roast pepper & olives	Stuffed jacket potato with baked beans	Giant fish fingers served with sautéed new potato Vegetarian fish fingers served with lemon wedges
ON THE SIDE	Spring green vegetables, cheese bread stick Jacket potato cheese & beans	lemon rice, Naan Bread Jacket potato cheese & beans	Sweetcorn & garlic bread sticks Jacket potato cheese & beans	Baked new potatoes, broccoli Jacket potato cheese & beans	Garden peas & sweetcorn, lemon wedges & tartar sauce Jacket potato cheese & beans
DESSERT	Chocolate cake with dark chocolate sauce	Fresh cut fruit, yoghurt & fruit jelly	Vanilla rice pudding with berry compot	Fresh cut fruit, yoghurt & fruit jelly	Apple & cinnamon cake served with cream
EVERY DAY	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

LUNCH

WEEK 3

14/09/26, 05/10/26, 09/11/26
& 30/11/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gluten free	Vegan tomato sauce with gluten free pasta	Gluten free kung pao chicken with rice	Gluten Free Pork Sausage	Chicken meatballs with gluten free pasta	Gluten free fish finger
MAIN MEAL 1	Quorn and roasted vegetables bolognaise finished with fresh herbs	"Oriental buffet" Kung pao chicken	Bangers and Mash Choice of Pork sausage, Cumberland style Vegetarian or Gluten free Pork Sausage Served with creamy mashed potato	Lamb meatballs in sweet tomato sauce finished with fresh herbs	"Sustainable Friday" Giant fish fingers served with sautéed new potato
MEAT MEAL 2	Roast vegetables and sweet tomato quesadilla with golden mozzarella	Vegetarian spring roll Served with sweet and sour sauce		Homemade vegetarian balls in sweet tomato sauce finished with fresh herbs	Breaded mozzarella sticks
ON THE SIDE	Spaghetti, green beans Jacket potato cheese & beans	Lemon and coriander rice, Asian style stir fried vegetables Jacket potato cheese & beans	Green Peas, Gravy Jacket potato cheese & beans	Penne, Grated cheese, fresh herbs Jacket potato cheese & beans	Garden peas and sweetcorn, lemon wedges & tartar sauce Jacket potato cheese & beans
DESSERT	Dark chocolate flapjack	Fresh cut fruit, yoghurt & fruit jelly	Chocolate brownie	Fresh cut fruit, yoghurt & fruit jelly	Pear and mixed berry crumble served with custard
EVERY DAY	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt