

LUNCHES

WEEK 1

Monday

Spaghetti and Meatballs: Beef meatballs in a tomato and oregano sauce served with spaghetti and a side of carrots.

Followed by jelly.

Tuesday

Vegan Katsu Curry: Chickpeas and roasted red peppers in a ginger and coconut sauce served with chilled couscous.

Followed by zesty lemon and courgette sponge.

Wednesday

Chicken Casserole: Chicken breast, cooked in a thyme gravy with onions, peas and carrots, served with boiled potatoes. Followed by sliced apples and chilled custard.

Thursday

Tuna Ratatouille: Responsibly caught tuna in a herby tomato, courgette, aubergine and carrot sauce, mixed with orzo pasta, served with a side of peas.

Followed by fruit yoghurts.

Friday

Beef Tacos: Minced beef served with a soft taco shell with sides of homemade salsa and sweetcorn.

Followed by fresh fruit salad.

WEEK 2

Monday

Fish Jambalaya: Responsibly farmed smoked white fish in fragrant tomato sauce, combined with lightly spiced rice, fresh peppers and peas.

Followed by flapjack.

Tuesday

Cottage Pie: Minced beef, onions, and mixed vegetables in a rich gravy served with mashed potato.

Followed by jelly.

Wednesday

Vegetable Pasta: Courgettes, celery, mixed peppers and onions in a tomato and basil sauce, served with penne pasta and a side of grated cheese.

Followed by chocolate and beetroot sponge.

Thursday

Chicken Al La King: Diced chicken breast in a cream, lemon and red pepper sauce served with mixed rice.

Followed by fresh fruit salad.

Friday

Chicken Roast: Chicken breast served in gravy accompanied with sides of roast potatoes, cabbage and julienne carrots. Followed by natural yoghurt topped with fresh berries.

WEEK 3

Monday

Sausage Casserole: Pork sausages in a herby tomato based one pot stew with onions, swede, carrot, celery and lentils, served with braised cabbage.

Followed by fruit yoghurt.

Tuesday

Chicken Tikka: Marinated chicken breast in a traditional tikka sauce served with naan bread.

Followed by fresh fruit salad.

Wednesday

Shepherd's pie: Minced lamb in a herby gravy with peas and carrots served with mashed potato.

Followed by zesty shortbread.

Thursday

Vegetable Ragu: A mixed of courgettes, mushrooms, celery, peppers and spinach in a tomato and basil sauce served with chilled cous cous.

Followed by jelly.

Friday

Tuna Teriyaki: Responsibly farmed tuna, steamed julienne carrots and noodles finished with teriyaki sauce and served broccoli.

Followed by fruit flapjack.

HOT TEA

Monday

Jacket potato: Served with baked beans and corn on the cob. Followed by fruit yoghurt.

Tuesday

Fishcakes: Breaded fishcakes served with boiled potatoes and peas. Followed by whole fruit selection.

Wednesday

Vegetable Lasagne: Roasted vegetables including courgettes, tomatoes and peppers cooked in a tomato sauce layered between pasta sheets, topped with bechamel and grated cheese, served with garlic bread. Followed by jelly.

Thursday

Chicken Soup: Chicken breast and noodles in a light broth served with a crusty bread roll. Followed by fresh melon and pineapple.

Friday

Ham Pasta: Diced ham in a creamy sauce served over penne pasta, with a side of peas. Followed by oat biscuit.

Monday

Cold Meat Platter: Sliced gammon, potato salad, cheese slice and a bread roll. Followed by jelly.

Tuesday

Spanish Meatballs: Spanish spiced beef meatballs in a smoky tomato sauce served with cous cous. Followed by vanilla biscuits.

Wednesday

Turkey Enchiladas: Minced turkey and mixed beans in a Mexican spiced tomato sauce, rolled in a tortilla wrap and served with grated cheese and green beans. Followed by berries and whipped cream.

Thursday

Chickpea, Vegetable, Coconut Curry: Cauliflower, aubergine and chickpeas in a mild creamy coconut curry sauce, served with mixed rice. Followed by ice lollies.

Friday

Lamb and Potato Pie: Minced lamb in a rosemary gravy, with sweet potatoes and diced carrots, served with a puff pastry lid and peas. Followed by scones and jam.

Monday

Vegan Chili: A mix of lentils, beans and pulses in a lightly spiced, fragrant tomato sauce served with mixed rice. Followed by ice lollies.

Tuesday

Turkey Bolognese: Minced turkey in a traditional Bolognese sauce and spaghetti, served with grated cheese. Followed by blueberry muffin.

Wednesday

Kedgeree: Smoked white fish flaked into a lightly spiced rice with peas, onions and boiled eggs. Followed by fruit yoghurt.

Thursday

Bacon and Vegetable Macaroni Bake: Diced bacon and mixed beans in a Mexican spiced tomato sauce with Cajun Spiced vegetables, mixed through macaroni pasta and topped with grated cheese, served with a side of broccoli. Followed by banana and custard.

Friday

Hot Dogs: Pork sausage served with sweetcorn, beans and a hot dog roll. Followed by melon slices.