

# Lunch Menu

## WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE

GRAB & GO

POT 'N' TASTY

WRAP OR SUB

SIDES

TODAY'S DESSERTS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V) 	Chilli Con Carne & Fiesta Rice   Lamb Chilli Con Carne & Fiesta Rice (H)  	Roast Gammon with Gravy & Roasties  Roast Chicken, Roasties & Gravy  Grilled Chicken Sausages, Gravy & Roasties or Mash (H) 	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice   Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice (H)  	Sustainably Sourced Battered Fish & Chips or Chicken Nuggets & Chips 
Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve)  	Chilli Sin Carne & Fiesta Rice (Ve)   	Roast Quorn, Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice   	Cheese & Tomato Pizza & Wedges/Chips  
Vegan Sausage Roll (Ve) Sausage Roll 	Cheesy Chilli Pitta's 	Brunch Pot 	Crispy Pork or Beef Soft Taco Hot Dog  	Pepperoni Pizza & Wedges/Chips  
Tomato & Basil Pasta 	Tomato and Meatball Pasta 	Chicken Tikka & Steamed Rice 	Sweet & Sour Chicken Noodles  	Pasta Arrabbiata 
BBQ Crispy Chicken Wrap	Pizza Slice  Chicken Burger 	Piri Piri Chicken Burrito 	Cheesy garlic Bread 	Chicken Tikka 
Baked Beans    Broccoli  Mixed Salad	Baked Beans    Fajita Roasted Sweetcorn & Peppers  Mixed Salad	Baked Beans    Mixed Vegetables  Mixed Salad	Baked Beans    Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans    Peas  Mixed Salad
Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard 	Giant Chocolate Cookie	Apple Crumble & Custard 



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Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Mac 'n'. Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa  Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (H) 	Roast Chicken, Crispy Roasties & Gravy  Roast Pork, Crispy Roasties & Gravy  Grilled Chicken Sausages, Gravy & Roasties or Mash(H) 	Thai Yellow Chicken & Vegetable Curry Mixed Rice  Thai Yellow Chicken & Vegetable Curry Mixed Rice (H) 	Sustainably Sourced Battered Fish & Chips  Oven Baked Chicken Nuggets & Chips  Jacket Potato & Salmon Mayo 
Buffalo Burrito (Ve) 	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V) 
Dirty Quorn & Cheesy Bean Burger (V) 	Pizza Slice	Pepperoni Pizza 	Veggie Breakfast Wrap (V) 	Pepperoni Pizza & Wedges/Chips 
Vegetable Tikka & Mixed Rice 	Beef Bolognese Pasta Pot 	Loaded Nachos 	Veggie Pasta Pot 	Tomato & Basil Pasta 
BBQ Crispy Chicken Wrap 	Mediterranean Chicken 	Chicken Tikka Burrito 	BBQ Crisp Chicken 	Chicken Tikka 
Baked Beans  Garlic Bread Green Beans Garden Salad	Baked Beans  Fajita Roasted Sweetcorn & Peppers Garden Salad	Seasonal Mixed Vegetables  Garden Salad	Baked Beans Asian Slaw, Garlic Green Beans  Garden Salad	Baked Beans  Peas Garden Salad
Lemon & Blueberry Slice & Custard 	Baked Chocolate Cup	Baked Vanilla Sponge & Custard 	Cornflake Cake	Giant Chocolate Cookie



# Lunch Menu

## WEEK THREE – AUTUMN WINTER

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(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Spanish Omelette & Pepper & Tomato Sauce &  Garlic Bread (V)	Chicken & Vegetable Enchilada, Savoury Rice  Chicken & Vegetable Enchilada, Savoury Rice (H) 	Cottage Pie  Shepherd's Pie & Gravy (H) 	Chicken & Vegetable Korma, Gunpowder Potatoes OR  <i>Alternatively, can be served with Half Mixed Rice &amp; Gunpowder Potatoes</i>	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Goujons & Chips 
Veggie Bolognese Pasta Bake (V) 	Mexican Vegetable Stew & Baked Tortilla (Ve) 	Classic Mac 'n' Cheese, Cheesy Herb Crumb (V) 	Roasted Cauliflower & Sweet Potato Curry, Gunpowder Potatoes (Ve)  <i>Alternatively, can be served with Half Mixed Rice &amp; Gunpowder Potatoes</i>	Cheese & Tomato Pizza & Wedges/Chips (V) 
Vegetable Cheeseburger (V) 	Panini of the Day Pepperoni or Cheesy Bean (V)  Pizza Slice	Halal Chicken Sausage Roll  Pizza Slice	BBQ Veggie Melt (V)  Chicken Burger	Pepperoni Pizza & Wedges/Chips 
Vegetable Tikka Masala & Rice 	Tomato & Basil Pasta Pot 	Sweet & Sour Chicken Noodles 	Pesto Pasta Pot	Cheesy Pasta Pot
BBQ Crispy Chicken Wrap 	Mediterranean Chicken 	Piri Piri Chicken 	Cheesy Garlic bread	Chicken Tikka 
Garlic Green Beans  Garlic Bread, Garden Salad	Baked Beans  Roasted Sweetcorn Wedges, Garden Salad	Seasonal Mixed Vegetables  Garden Salad	Baked Beans  Steamed Broccoli 	Baked Beans  Mixed Salad
Flapjack 	Marble Chocolate Sponge & Custard 	Jammie Cookie Cup	Iced Orange & Ginger Traybake	Homemade Lemon Drizzle Cake