

Autumn/Winter 2023/2024:

FRIDAY

Golden Fish Fingers

or Salmon Fingers

with Chips

Pizza

Margherita

with Chips

Baked Beans

4/9, 25/9, 16/10, 13/11, 4/12, 8/1, 29/1

LUMEEK 1



MATN FVFNT











MONDAY

Chicken & Vegetable Meatballs in Tomato Sauce with Pasta **Twirlers**

Sweet Chilli Vegetable Stir Fry with Whole Grain Rice

Mixed Salad

Toffee Sponge and Custard

TUESDAY

Mild Chicken Curry with Whole Grain Rice

Cheesy Broccoli

Pasta Bake

Green Beans

Broccoli

WEDNESDAY

Sausages with

Mashed Potatoes

and Gravy

Homemade Cheese

and Leek Sausages

with Mashed

Potatoes and Gravy

Daily salad bowl and freshly baked bread available every day

Hot Pasta topped with Homemade Tomato Sauce

Crispy Skin Jacket Potatoes

with Cheese or Beans

Jelly & Fruit Slices **Tropical Pineapple** Crumble and Custard

Orange Cookie

THURSDAY

BBO Drizzle Pizza

with Baked Potato

Wedges

Tarka Dhal Curry

(Veggie Lentil Curry)

with Whole Grain

Rice

Peas

Vanilla Ice Cream

Cut fruit, yoghurt and jelly available every day



Autumn/Winter 2023/2024:

FRIDAY

Golden Fish

Fingers

with Chips

Cheesy Sweetcorn

Pizza

with Chips

11/9, 2/10, 23/10, 20/11, 11/12, 15/1, 5/2

WEEK 2 MF | WEEK 2



MATN FVFNT

Vegetarian Dish

Vegetables and Salads

PASTA TWIRLER **Topped Pasta**



Filled Jacket



Pudding

MONDAY

All Day Breakfast Brunch Sausage, Egg, Hash **Brown and Beans**

All Day Veggie Breakfast Brunch Veggie Sausage, Egg, Hash Brown and Beans

Baked Beans

Banana Sponge

Cake and Custard

Green Salad

TUESDAY

Pizza Margherita

with Baked Potato

Wedges

Golden Vegetable

Fingers with Baked

Potato Wedges

WEDNESDAY

Minced Beef and

Onion Pie with Mash

Super Veggie Pie

Vegetable, Lentil and

Onion Pie with Mash

Carrots

Sweetcorn

THURSDAY

Chicken

Chow Mein

(Noodles)

Mexican Bean Wrap

with Whole Grain

Rice

Baked Beans

Daily salad bowl and freshly baked bread available every day

Hot Pasta topped with Homemade Tomato Sauce

Crispy Skin Jacket Potatoes

with Cheese or Beans

Jammy Crumble Bars

Apple Crumble and Custard

Orange Jelly

Vanilla Ice Cream

Cut fruit, yoghurt and jelly available every day



Autumn/Winter 2023/2024: 18/9, 9/10, 6/11, 27/11, 18/12, 22/1

LUNCH WEEK3 MENU



MATN FVFNT

MEAT-FREE MAGIO

RAINBOW ALLEY Vegetables and Salads

PASTA TWIRLER
Topped Pasta

BIG TOPPING
Filled Jacket

DESSERT TROLLEY
Pudding

MONDAY

Hot Dog with Baked Potato Wedges

Vegetarian Shepherd's Pie

Green Beans

Watermelon

Wedge

TUESDAY

Tomato & Roasted Vegetable Pasta Bake

Mixed Vegetable Korma with Whole Grain Rice

Broccoli

WEDNESDAY

Roast Gammon with Roast Potatoes and Gravy

> Baked Mac n Cheese

Carrots

THURSDAY

Pizza Day!Veggie Supreme
Pizza with Baked
Potato Wedges

BBQ Drizzle Pizza with Baked Potato Wedges

Peas

Fingers with Chips

FRIDAY

Golden Fish

Golden Vegetable Fingers with Chips

Baked Beans

Hot Pasta topped with Homemade Tomato Sauce

Daily salad bowl and freshly baked bread available every day

Crispy Skin Jacket Potatoes

with Cheese or Beans

Chocolate Crunch and Custard

Oaty Apple Crunch Slice Strawberry Jelly Vanilla Ice Cream

Cut fruit, yoghurt and jelly available every day