LUNCH MENU

The menu works on a three week rota. Every day there are four choices for lunch: A traditional meal, a jacket potato with a specified filling or a tomato based pasta pot, all served with seasonal vegetables and followed by the dessert of the day, or the final option of a sandwich plate which consists of a sandwich, a piece of fruit, a yoghurt and a homemade cake or biscuit.

	MEAT FREE MONDAY	TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Week 1: Weeks Commencing: 2nd November, 23rd November, 14th December, 4th January, 25th January, 15th February, 8th March, 29th March					
Week 1: Traditional	Margherita Pizza with Cajun Wedges	Beef Penne Bolognese with Garlic Bread	Roast Pork with Roast Potatoes, Yorkshire Pudding and Gravy	Beef Burger with Sticky BBQ Sauce and Paprika Wedges	Fish and Chips
Jacket Potato choice	Jacket potato with Cheese and seasonal vegetables	Jacket potato with Tuna mayo and seasonal vegetables	Jacket potato with cheese and seasonal vegetables	Jacket potato with Beans and seasonal vegetables	Jacket potato with cheese, Beans and seasonal vegetables
Pasta in a tomato based sauce	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot
Or Sandwich lunch plate	Tuna Sandwich	Cheese Sandwich	Ham Sandwich	Tuna Sandwich	Ham Sandwich
Week 2: Weeks Commencing: 9th November, 30th November, 21st December, 11th January, 1st February, 22nd February, 15th March					
Week 2: Traditional	Margherita Pizza with Garlic & Herb Wedges	Chicken Korma & Rice	Roast Gammon with Roast Potatoes, Yorkshire Pudding and Gravy	Pork Sausage & Mash with Gravy	Fish Fingers and Chips
Jacket Potato choice	Jacket potato with Cheese and seasonal vegetables	Jacket potato with Tuna mayo and seasonal vegetables	Jacket potato with cheese and seasonal vegetables	Jacket potato with Beans and seasonal vegetables	Jacket potato with Cheese, Beans and seasonal vegetables
Pasta in a tomato based sauce	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot
Or Sandwich lunch plate	Tuna Sandwich	Cheese Sandwich	Ham Sandwich	Tuna Sandwich	Ham Sandwich
Week 3: Weeks Commencing: 16th November, 7th December, 18th January, 8th February, 1st March, 22nd March					
Week 3: Traditional	Margherita Pizza with Wedges	Cottage Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding and Gravy	Chicken & Sweetcorn Meatball Sub & Wedges	Fish Fingers and Chips
Jacket Potato choice	Jacket potato with Cheese and seasonal vegetables	Jacket potato with Tuna mayo and seasonal vegetables	Jacket potato with cheese and seasonal vegetables	Jacket potato with Beans and seasonal vegetables	Jacket potato with cheese, Beans and seasonal vegetables
Pasta in a tomato based sauce	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot
Or Sandwich lunch plate	Tuna Sandwich	Cheese Sandwich	Ham Sandwich	Tuna Sandwich	Ham Sandwich

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