



SPRING LUNCH MENU 2023

WEEK 1	MAIN MEAL	VEGETARIAN MAIN	DESSERT
MONDAY	 <p>Spaghetti with mince meat sauce Cauliflower & peas</p>	 <p>Spaghetti with five beans sauce Cauliflower & peas</p>	 <p>Watermelon</p>
TUESDAY	 <p>Jacket potato with baked beans/tuna & sweet corn/homemade coleslaw</p>	 <p>Pasta stir-fry/pasta in tomato sauce</p>	 <p>Yoghurt, fruit</p>
WEDNESDAY	 <p>Grilled chicken with seasonal vegetables in rich tomato sauce served with steamed rice Crispy mixed salad & coleslaw</p>	 <p>Vegetables in rich tomato sauce served with steamed white rice Crispy mixed salad & coleslaw</p>	 <p>Fruit salad</p>
THURSDAY	 <p>Sweet chilli chicken wrap with chips</p>	 <p>Halloumi & tomato wrap with chips baked beans/salad</p>	 <p>Yoghurt, fruits</p>
FRIDAY	 <p>Full English breakfast</p>	 <p>Pack lunch baguettes cheese/ham/tuna/BBQ chicken</p>	

There will be Jacket Potatoes every day to compliment



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WEEK 2	MAIN MEAL	VEGETARIAN MAIN	DESSERT
MONDAY	 <p>Beef lasagne with garlic bread, steam slice green beans</p>	 <p>Vegetable stir-fry</p>	 <p>Watermelon</p>
TUESDAY	 <p>Chicken and vegetable fajita</p>	 <p>Spicy beans & mince quorn Seasoned rice, humus, tomato salsa</p>	 <p>Yoghurt, fruit</p>
WEDNESDAY	 <p>Honey & rosemary roast beef with roast potatoes Mixed vegetables</p>	 <p>Vegetable loaf with roast potatoes Mixed vegetables</p>	 <p>Vanilla ice cream</p>
THURSDAY	 <p>Fish & chips</p>	 <p>Vegetable fingers & Chips, with baked beans</p>	 <p>Yoghurt, fruits</p>
FRIDAY	 <p>Full English Breakfast</p>	 <p>Pack lunch baguettes cheese/ham/tuna/BBQ chicken</p>	

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WEEK 3	MAIN MEAL	VEGETARIAN MAIN	DESSERT
MONDAY	 Chicken vegetable stir-fry Sweet crunchy salad	 Quorn meat stir-fry & vegetables stir-fry Homemade coleslaw salad	 Watermelon
TUESDAY	 Rice & peas with jerk chicken Homemade coleslaw	 Rice & peas with fire beans jerk sauce Homemade coleslaw	 Fruits, yoghurt
WEDNESDAY	 Beef lasagne with garlic bread Mix vegetables	 Pasta vegetable stir fry with garlic bread Steam sliced greens Mixed leaf crispy salad	 Honeydew melon
THURSDAY	 Chicken hot dogs with chips	 Vegetarian fingers with chips Baked beans	 Yoghurt, fruits
FRIDAY	 Full English Breakfast	 Pack lunch baguettes cheese/ham/tuna/BBQ chicken	

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