

## AVAILABLE EVERY DAY

- Packed lunch option
- Pasta and sauce
- Jacket potato and fillings
- Selection of fresh salad

# LUNCHTIME CO<sup>TM</sup>

## WEEK ONE MENU

WEEKS COMMENCING: 30TH OCT • 20TH NOV • 11TH DEC • 8TH JAN • 29TH JAN • 26TH FEB • 19TH MARCH

### NUTRITIONALLY PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

### WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

**MEAT FREE**

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread
Main Choice 1	Quorn pasta bolognese served with grated cheese & spaghetti	Pork sausages with mashed potato and gravy	Beef lasagne	Roast turkey with roast potatoes and yorkshire pudding	Fish fingers & chips with tomato ketchup
Main Choice 2	Sweet potato and lentil korma	Vegetable quiche	Vegetable lasagne	Vegetarian sausages with roast potatoes	Roast pepper and mozzarella bake
Desserts	Apple sponge pudding with custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Jelly with fresh cream Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Marble cake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Cookies Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Sticky toffee pudding with toffee sauce Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

**Our mission is to make your lunchtime meal the highlight of your day**

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE





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## WEEK TWO MENU

WEEKS COMMENCING: 6TH NOV • 27TH NOV • 18TH DEC •  
15TH JAN • 5TH FEB • 5TH MARCH • 26TH MARCH

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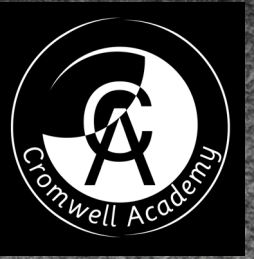
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread
Main Choice 1	Macaroni cheese	BBQ Chicken with new potatoes	Meatballs with rice	Roast pork with roast potatoes & yorkshire pudding	Battered fish & chips with tomato ketchup
Main Choice 2	Vegetable wrap	Vegetable pasta bake	Chick pea & lentil ragu with rice	Quorn sausage with roast potatoes	Cheese cauliflower & broccoli bake
Desserts	Apple crumble & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	FlapJack Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Shortbread biscuits Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Strawberry cheesecake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Chocolate sponge cake with chocolate sauce Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

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## WEEK THREE MENU

WEEKS COMMENCING: 13TH NOV • 4TH DEC • 1ST JAN •  
22ND JAN • 19TH FEB • 12TH MARCH

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Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread
Main Choice 1	Cheese and tomato pizza	Paprika chicken with rice & peas	Beef burger in a bun with potato wedges	Roast chicken with roast potatoes and stuffing	Fish and chips
Main Choice 2	Roasted vegetable pizza	Sweet paprika roasted vegetables with rice and peas	Vegetable burger with potato wedges	Broccoli & tomato pasta bake with melted cheese	Vegetable flat bread pizza
Desserts	<b>Pancakes</b> Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	<b>Chocolate cookies</b> Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	<b>Jam sponge &amp; custard</b> Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	<b>Bakewell tart</b> Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	<b>Iced sponge</b> Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

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