

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, 6/11, 27/11, 18/12, 8/1, 29/01

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

Vanilla Ice Cream

THURSDAY

BBO Drizzle Pizza

with Baked Potato

Wedges

Tarka Dhal Curry

(Veggie Lentil Curry)

with Whole Grain

Rice

Peas

Orange Cookie

Cut fruit, yoghurt and jelly available every day



Autumn/Winter 2023/2024:

11/9, 2/10, 23/10, 13/11, 4/12, 25/12, 15/1, 5/2

WEEK 2



MATN FVFNT

Vegetarian Dish

MONDAY

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

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

Golden Vegetable Fingers with Baked Potato Wedges

TUESDAY

Pizza Margherita

with Baked Potato

Wedges

Super Veggie Pie Vegetable, Lentil and Onion Pie with Mash

WEDNESDAY

Minced Beef and

Onion Pie with Mash

Mexican Bean Wrap with Whole Grain Rice

Cheesy Sweetcorn Pizza with Chips

FRIDAY

Golden Fish

Fingers

with Chips



Vegetables and Salads

Baked Beans

Green Salad

Carrots

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

Sweetcorn

THURSDAY

Chicken

Chow Mein

(Noodles)

Baked Beans

Topped Pasta

Filled Jacket



Pudding

Banana Sponge Cake and Custard Jammy Crumble

Bars

Apple Crumble and Custard

Vanilla Ice Cream Orange Jelly

Cut fruit, yoghurt and jelly available every day



Autumn/Winter 2023/2024:

18/9, 9/10, 30/10, 20/11, 11/12, 01/01, 22/01,12/02

LUNCH WEEK3 MENU



MATN FVFNT

MEAT-FREE MAGIO Vegetarian Dish

RAINBOW ALLEY
Vegetables and Salads

PASTA TWIRLER
Topped Pasta
RIG TOPPING

DESSERT TROLLEY
Pudding

Filled Jacket

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

Golden Fish Fingers with Chips

FRIDAY

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 Vanilla Ice Cream Strawberry Jelly

Cut fruit, yoghurt and jelly available every day