

yourlunch menu

Secondary School
WEEK 1

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	CARROT AND LENTIL	LEEK AND POTATO	SCOTCH BROTH	LENTIL	CHICKEN AND RICE
Main Meal Option 1	SPAGHETTI BOLOGNESE WITH GARLIC BREAD	CHICKEN CURRY WITH RICE	CLASSIC FISH AND CHIPS	ROAST BEEF WITH YORKSHIRE PUDDING AND MASHED POTATO	PORK SAUSAGE AND CREAMY MASH
Main Meal Option 2	SPECIAL FRIED RICE	APPLE, PORK AND POTATO BAKE	LAMB HOT POT	MEAT FEAST PIZZA OR MARGHERITA PIZZA	FRESH MACKEREL FISH CAKES
Main Meal Option 3	MIXED BEAN STIR FRY WITH GARLIC BREAD	MACARONI CHEESE	VEGETABLE FILLED YORKSHIRE PUDDING	QUORN TIKKA MASALA WITH PITTA BREAD	TOMATO AND BASIL PASTA
Vegetables or Salad	MINI COBS MIXED SALAD	GREEN BEANS MIXED SALAD	COLESLAW/PEAS MIXED SALAD	SEASONAL VEG (CARROTS) MIXED SALAD	SEASONAL VEG (CABBAGE) MIXED SALAD
Dessert	CHOCOLATE AND PEAR SPONGE WITH CUSTARD	BANOFFEE PIE	ICE CREAM AND FRUIT OR JELLY AND FRUIT	APPLE CRUMBLE OR RHUBARB CRUMBLE WITH CUSTARD	GINGERBREAD WITH CUSTARD

Available every day

A range of chilled drinks, deli style sandwiches, wraps or baguettes, plus fresh fruit and yogurts.

Try our £1.25 Taster Pot

A 1/2 portion of any main meal, with a piece of fruit or a drink, plus a sweet bite.

Fresh, Local, and Seasonal produce used every day.

Make your choice of a freshly made 2-course meal for only £1.65

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WEEK 2

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	CARROT AND POTATO	MINISTRONE	PEA AND HAM	COOK'S CHOICE	CREAM OF CHICKEN
Main Meal Option 1	HAGGIS WITH BOILED NEW POTATOES	SPICY CHICKEN DRUMSTICKS WITH POTATO WEDGES	STEAK CASSEROLE WITH MASHED POTATO	CLASSIC FISH AND CHIPS	MINCE AND POTATOES
Main Meal Option 2	MACARONI CHEESE	ORIENTAL PORK WITH RICE	PASTA CARBONARA WITH GARLIC BREAD	TURKEY KOFTAS WITH PITTA BREAD	CHICKEN TIKKA WITH RICE
Main Meal Option 3	BUTTERNUT, CAULIFLOWER AND CHICKPEA CURRY WITH RICE	CHEESY BEAN BAKED POTATO	VEGETABLE FILLED YORKSHIRE PUDDING	VEGETARIAN WRAP	LEEK AND BUTTER BEAN CRUMBLE WITH BOILED NEW POTATOES
Vegetables or Salad	TURNIP MIXED SALAD	SWEETCORN MIXED SALAD	PEAS/SEASONAL VEG (CARROTS) MIXED SALAD	SEASONAL VEG (BROCCOLI) MIXED SALAD	MIXED VEGETABLES MIXED SALAD
Dessert	CHOCOLATE AND VANILLA MARBLE WITH CUSTARD	FRUITY CHOUX BUN	CARROT CAKE WITH CUSTARD	LEMON MERINGUE PIE WITH CUSTARD	STRAWBERRY MOUSSE

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WEEK 3

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	VEGETABLE SOUP	LENTIL	COCK-A-LEEKIE	CHICKEN NOODLE	CREAM OF BROCCOLI
Main Meal Option 1	SPICY CHICKEN FAJITAS WITH SALAD	STEAK PIE WITH MASHED POTATO	LASAGNE WITH GARLIC BREAD	CHICKEN ROGAN JOSH WITH RICE	CLASSIC FISH AND CHIPS
Main Meal Option 2	BEEF SAUSAGE CASSEROLE WITH BOILED NEW POTATOES	CHICKEN RISOTTO	SALMON EN CROUTE WITH BABY JACKET POTATOES	MINTY LAMB BURGERS	MACARONI CHEESE
Main Meal Option 3	BROCCOLI BAKE WITH POTATO WEDGES	STIR FRY VEGETABLE WITH NOODLES	QUORN CURRY WITH RICE	VEGETARIAN PIZZA	ROASTED MEDITERRANEAN COUSCOUS
Vegetables or Salad	CABBAGE/CAULIFLOWER MIXED SALAD	CARROTS MIXED SALAD	BROCCOLI MIXED SALAD	GREEN BEANS / COLESLAW MIXED SALAD	MUSHY PEAS / PEAS MIXED SALAD
Dessert	SPICY DUTCH CAKE WITH CUSTARD	SWISS ROLL WITH CUSTARD	APPLE CRUMBLE WITH CUSTARD	ICE CREAM WITH FRUIT OR CREAMED RICE WITH FRUIT	APPLE TART WITH CUSTARD

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WEEK 4

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	COOK'S CHOICE	LENTIL	POTATO	CREAM OF VEGETABLE	TOMATO
Main Meal Option 1	CHICKEN SUPREME WITH RICE	CLASSIC FISH AND CHIPS	MACARONI CHEESE	MEATBALLS IN BARBEQUE SAUCE WITH PASTA	ROAST PORK WITH APPLE SAUCE AND MASHED POTATO
Main Meal Option 2	TERIYAKI PORK STIR FRY	BEEFBURGERS WITH SALAD	CAJUN CHICKEN DRUMSTICKS WITH POTATO WEDGES	SMOKED HADDOCK AND SWEET POTATO	CHILLI CON CARNE WITH RICE
Main Meal Option 3	ROASTED VEGETABLE QUICHE WITH BABY BOILED POTATOES	VEGETABLE STROGANOFF WITH RICE	SWEET AND SOUR VEGETABLES WITH RICE	SAVOURY RICE	LOADED CHEESE AND LEEK POTATO SKINS
Vegetables or Salad	PEAS / CARROTS MIXED SALAD	COLESLAW/CORN ON COB MIXED SALAD	MIXED VEGETABLES MIXED SALAD	BROCCOLI AND CAULIFLOWER DUO / MIXED SALAD	CABBAGE MIXED SALAD
Dessert	APPLE WHIRLYGIG WITH CUSTARD	ICE CREAM AND FRUIT OR CUSTARD AND FRUIT	CARAMEL TARTLET WITH CUSTARD	BAKEWELL TART WITH CUSTARD	STICKY TOFFEE PUDDING WITH CUSTARD

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