FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c
2nd Nov



MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Carrot & Coriander Soup	Chef Choice Soup	Leek & Potato Soup	Chef Choice Soup	Tomato & Basil Soup
Wholemeal Pizza, Wedges & Beans	Chicken Curry with Rice & Naan Bread	Meatball Sub with Salad & Tortilla Chips	Turkey Roast Dinner with Seasonal Vegetables & New Potatoes	Fish FIngers with Chips & Garden Peas
2 Vegetarian Chilli with Wholemeal Rice	Cheese & Onion Plate Pie with Seasonal Vegetables	Cheesy Bean Wholemeal Pasta	Twice Baked Jacket Potatoes	Vegetable Curry & Wholemeal Rice
3 Fresh Fruit Salad & Yoghurt	Fresh Fruit & Yoghurt	Pineapple & Coconut Sponge	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY

- Vegetarian
- Vegan
- Oily Fish
- Cookery Coach Recipe

Please speak to a member of staff about dietary requirements and scan the QR code for our allergen matrix.

All menus are checked by a nutritionist and adhere to School Food Standards.



FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c 9th Nov



	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Vegetable & Lentil Soup	Chef Choice Soup	Garden Pea Soup	Chef Choice Soup	Chinese Sweetcorn Soup
2	Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread	Chicken Curry with Wholemeal Rice & Green Beans	Sausage & Homemade Mash with Gravy & Peas	Homemade Scouse with Crusty Bread & Pickled Beetroot	Homemade Battered Fish or Fishcake with Chips & Garden Peas
	Meat Free Burritos	Roasted Pepper & Cheese Tomato Quiche	Singapore Noodles	Vegetable & Cheese Quesadillas	Veggie Burger in a Bun with Chips & Garden Peas
3	Fresh Fruit Salad & Yoghurt	Fresh Fruit & Yoghurt	Apple & Oat Crumble with Pouring Cream	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
	Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c 16th Nov



MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Broccoli & Cheddar Soup	Chef Choice Soup	Leek & Potato Soup	Chef Choice Soup	Split Pea Soup
Sri Lankan Sweet Potato & Coconut Curry with Rice	Chicken Noodles	Chicken Pie with Seasonal Vegetables & New Potatoes	All Day Breakfast	Fish Fingers or Tandoori Salmon with Chips & Mushy Peas
2 Cherry Tomato & Cheese Quiche with Salad	Wholemeal Tomato Pasta Bake	Twice Baked Jacket Potatoes	Vegetarian All Day Breakfast	Veggie Fingers with Chips & Mushy Peas
3 Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit Salad & Yoghurt	Fresh Fruit Trifle	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c
23rd Nov



	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Roast Pepper Soup	Chef Choice Soup	Tomato & Basil Soup	Chef Choice Soup	Leek & Potato Soup
2	Wholemeal Pizza with Wedges & Beans	Chicken Curry with Wholemeal Rice	Spaghetti Bolognese with Salad & Garlic Bread	Cumberland Sausage Slice with Mash & Gravy	Homemade Battered Fish or Fishcake with Chips & Beans
	Spanish Omelette with Salad	Wholemeal Broccoli & Cream Cheese Pasta Bake	Vegetable & Rice Enchiladas	Halloumi Fajitas	Spicy Singapore Noodles
3	Fresh Fruit Salad & Yoghurt	German Apple Cake	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt
	Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c
30th Nov



MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Carrot & Ginger Soup	Chef Choice Soup	Roasted Vegetable Soup	Chef Choice Soup	Chinese Sweetcorn Soup
2 Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread	Corned Beef Hash with Peas	Beef Tacos	Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis	Fish Fingers with Chips & Garden Peas
Vegetable Biryani	Cheese & Tomato Panini with Salad	Wholemeal Macaroni Cheese	Singapore Noodles	Vegetarian Sausage Roll with Chips & Beans
3 Fresh Fruit & Yoghurt	Fresh Fruit & Yoghrut	Sticky Toffee Pudding	Fresh Fruit Salad & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c 7th Dec



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Tomato & Basil Soup	Chef Choice Soup	Leek & Potato Soup	Chef Choice Soup	Broccoli & Cheddar Soup
2	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread	All Day Breakfast	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Curry	Fish Fingers or Tandoori Salmon with Chips & Mushy Peas
	Meat Free Burritos with Salad	Vegetarian All Day Breakfast	Vegetable Paella	Pesto Pasta	Vegetarian Sausage Roll with Chips Mushy Peas
3	Fresh Fruit Salad & Yoghurt	Fresh fruit & Yoghurt	Fresh Fruit & Yoghurt	Apple Flapjacks	Cheese & Crackers, Fresh fruit & Yoghur
	Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

KEY

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FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c 14th Dec

	MEAT FREE MONDAY	TUESDAY	CHRISTMAS DINNER	THURSDAY	FRIDAY
1	Vegetable & Lentil Soup	Chef Choice Soup	Spiced Parsnip Soup	Chef Choice Soup	Chinese Sweetcorn Soup
2	Veggie Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Sausage Casserole	Roast Turkey, Roast Potatoes, Stuffing, Pigs in Blankets, Sprouts, Carrot, Turnip	Chicken Curry with Wholemeal Rice	Fish Fingers or Salmon Fish Pie with Chips & Mushy Peas
	Welsh Rarebit	Individual Vegetable & Cheese Omelette with Salad	Vegetarian Roast, Roast Potatoes, Stuffing, Sprouts, Carrot, Turnip	Cheese & Tomato Toasties with Salad	Vegetarian Sausage Roll with Chips & Mushy Peas
3	Pineapple & Coconut Sponge	Fresh Fruit & Yoghurt	Festive Cookie	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
	Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

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