

Lunch Menu Spring Term

MAKE GOOD CHOICES

WEEK ONE

03/01/2022

31/01/2022

07/03/2022

04/04/2022

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone.

All our dishes aim to offer a variety of nutrients as well as being tasty too!



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Tomato and Vegetable Pasta (V)	Chicken and Vegetable Pie	Chicken Tikka, Rice and Naan Bread	Roast Beef and Yorkshire Pudding	Fish fingers and Chips
Main Dish 2	Margherita Pizza (V)	Macaroni Cheese (V)	Steamed Cod with a Tomato Sauce	Spaghetti Bolognese (V)	Vegetable Burger (V)
	Jacket potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)
	Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich
Dessert	Fruit Crumble and Custard	Steamed Sponge and Custard	A selection of Fruit and Plain Muffins	Iced sponge and Custard	Shortbread and Custard

Each day there is a selection of vegetables to have with the main meal as well as a salad bowl, crudités, a great selection of freshly prepared fruit and yogurts. Water, squash and milk is also available to accompany the meal.

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WEEK TWO

10/01/2022

07/02/2022

14/03/2022

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Main Dish 1

Main Dish 2

Dessert

Meat Free Monday

Fajita-style Pasta (V)

Margherita Pizza (V)

Jacket potato with a selection of fillings (V)

Cheese or Tuna Mayo Sandwich

A selection of Fruit and Plain Muffins

Tuesday

Meat and Potato Pie

5 Bean Chilli (V)

Jacket Potato with a selection of fillings (V)

Ham, Cheese or Tuna Mayo Sandwich

Raspberry Buns

Wednesday

Roast Chicken Dinner

Vegetable Enchiladas (V)

Jacket Potato with a selection of fillings (V)

Ham, Cheese or Tuna Mayo Sandwich

Shortbread and Custard

Thursday

Sausage and Mash

Meatballs and Pasta (V)

Jacket Potato with a selection of fillings (V)

Ham, Cheese or Tuna Mayo Sandwich

Iced sponge and Custard

Friday

Fish Fingers and Chips

Cheese Whirl (V)

Jacket Potato with a selection of fillings (V)

Ham, Cheese or Tuna Mayo Sandwich

Fruit Flapjack and Custard



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Water, squash and milk is also available to accompany the meal.

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WEEK THREE

17/01/2022

14/02/2022

21/03/2022

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	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Quorn Chicken and Creamy Pasta (V)	Cottage Pie	Chicken Korma, Rice and Naan Bread	Roast Pork	Breaded Chicken
Main Dish 2	Margherita Pizza (V)	Salmon Goujons	Vegetarian Sausage, Mash and Gravy (V)	Cheese Pie (V)	Omelette (V)
	Jacket potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)
	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich
Dessert	A selection of Fruit and Plain Muffins	Melting Moments	Chocolate Crispie Cake	Iced sponge and Custard	Chocolate Crunch and Peppermint Sauce

Each day there is a selection of vegetables to have with the main meal as well as a salad bowl, crudités, a great selection of freshly prepared fruit and yogurts.

Water, squash and milk is also available to accompany the meal.

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**MAKE
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WEEK FOUR

24/01/2022

28/02/2022

28/03/2022

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone.

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**Main
Dish 1**

**Main
Dish 2**

Dessert

**Meat Free
Monday**

Tomato
Pasta (V)

Margherita
Pizza (V)

Jacket
potato with
a selection of
fillings (V)

Ham, Cheese
or Tuna
Mayo
Sandwich

A selection
of Fruit and
Plain
Muffins

Tuesday

Sausage and
Mash

Vegetable
Lasagne
(V)

Jacket
Potato with
a selection of
fillings (V)

Ham, Cheese
or Tuna
Mayo
Sandwich

Freshly
Baked
Cookies

Wednesday

Roast
Turkey

Cheese and
Bean
Tortilla
Wrap (V)

Jacket
Potato with
a selection of
fillings (V)

Ham, Cheese
or Tuna
Mayo
Sandwich

Chocolate
Shortbread

Thursday

Spaghetti
Bolognese

Stir Fry
Noodles
(V)

Jacket
Potato with
a selection of
fillings (V)

Ham, Cheese
or Tuna
Mayo
Sandwich

Iced sponge
and Custard

Friday

Fish Fingers
and Chips

Ham and
Cheese Sub/
Cheese Sub

Jacket
Potato with
a selection of
fillings (V)

Ham, Cheese
or Tuna
Mayo
Sandwich

Flapjack and
Custard



Each day there is a selection of vegetables to have with the main meal as well as a salad bowl, crudités, a great selection of freshly prepared fruit and yogurts. Water, squash and milk is also available to accompany the meal.