

Lunch Menu Spring Term MAKE **GOOD CHOICES** WEEK ONE 03/01/2022 31/01/2022 07/03/2022 04/04/2022 Meat Free Wednesday Tuesday Thursday Friday **Healthy eating means** Monday eating a variety of **Tomato and Chicken and** Chicken **Roast Beef Fish fingers** Main foods that give you Vegetable Vegetable Tikka, Rice and and Chips the nutrients you Dish 1 Pasta (V) Pie and Naan **Yorkshire** need to maintain **Pudding** Bread your health, feel Margherita Macaroni Main **Steamed Cod Spaghetti** Vegetable good, and have Pizza (V) Cheese (V) with a **Bolognaise** Burger energy. These Dish 2 Tomato **(V) (V)** nutrients include Sauce Jacket Jacket Jacket Jacket Jacket potato with **Potato with Potato with Potato with** Potato with a selection of fillings (V) fillings (V) fillings (V) fillings (V) fillings (V) Ham, Cheese Ham. Cheese Cheese or Ham. Cheese Ham. Cheese or Tuna or Tuna **Tuna Mayo** or Tuna or Tuna Mayo Mayo Sandwich Mayo Mayo Sandwich Sandwich Sandwich Sandwich Dessert Fruit Shortbread Steamed A selection **Iced sponge Crumble and Sponge and** of Fruit and and Custard and Custard Custard Custard Plain Muffins

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.

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!





Lunch Menu Spring Term MAKE **GOOD CHOICES** WEEK TWO 10/01/2022 07/02/2022 14/03/2022 Meat Free Wednesday Tuesday Thursday Friday Monday **Healthy eating means** eating a variety of Meat and **Sausage and** Fajita-style Roast **Fish Fingers** Main foods that give you Pasta (V) **Potato Pie** Chicken Mash and Chips the nutrients you Dish 1 Dinner need to maintain your health, feel Margherita **5 Bean Chilli** Main Vegetable **Meathalls** Cheese good, and have Pizza (V) **(V) Enchiladas** and Pasta Whirl energy. These Dish 2 (\mathbf{V}) **(V) (V)** nutrients include protein. carbohydrates, fat, Jacket Jacket Jacket Jacket **Jacket** potato with **Potato with Potato with** water, vitamins, and **Potato with** Potato with a selection of minerals, Nutrition fillings (V) fillings (V) fillings (V) fillings (V) fillings (V) is important for everyone. Cheese or Ham. Cheese Ham. Cheese Ham. Cheese Ham, Cheese **Tuna Mayo** or Tuna or Tuna or Tuna or Tuna Sandwich Mavo Mayo Mavo Mayo All our dishes aim to Sandwich Sandwich Sandwich Sandwich offer a variety of A selection Shortbread Raspberry Dessert **Iced sponge** Fruit nutrients as well as of Fruit and and Custard Buns and Custard Flapjack and being tasty too! Plain Custard **Muffins**

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Lunch Menu Spring Term MAKE **GOOD CHOICES** WEEK THREE 17/01/2022 14/02/2022 21/03/2022 Meat Free Wednesday Tuesday Thursday Friday Monday **Healthy eating means** eating a variety of **Cottage Pie Roast Pork** Ouorn Chicken **Breaded** Main foods that give you Chicken and Chicken Korma, Rice the nutrients you Dish 1 Creamy and Naan need to maintain Pasta (V) Bread your health, feel Margherita Salmon Main Vegetarian **Cheese Pie Omelette** good, and have Pizza (V) Gouions Sausage. (\mathbf{V}) **(V)** energy. These Dish 2 **Mash and** nutrients include Gravy (V) protein, carbohydrates, fat, Jacket Jacket Jacket Jacket Jacket potato with **Potato with** water, vitamins, and **Potato with** Potato with Potato with a selection of a selection of a selection of minerals, Nutrition a selection of a selection of fillings (V) fillings (V) fillings (V) fillings (V) fillings (V) is important for everyone. Ham, Cheese Ham, Cheese Ham. Cheese Ham, Cheese Ham, Cheese or Tuna or Tuna or Tuna or Tuna or Tuna Mayo Mayo Mavo Mayo Mayo Sandwich All our dishes aim to Sandwich Sandwich Sandwich Sandwich offer a variety of A selection Chocolate **Iced sponge** Chocolate Dessert Melting nutrients as well as of Fruit and **Crunch and Crispie Cake** and Custard **Moments** being tasty too! Plain Peppermint Muffins Sauce

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		Lunch Menu Spring Term				MAKE
PARTNERSHIP TRUST	3	WEEK FOUR 24/01/2022 28/02/2022 28/03/2022			GOOD CHOICES	
lealthy eating means		Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
ating a variety of oods that give you he nutrients you eed to maintain	Main Dish 1	Tomato Pasta (V)	Sausage and Mash	Roast Turkey	Spaghetti Bolognaise	Fish Fingers and Chips
our health, feel ood, and have nergy. These utrients include rotein.	Main Dish 2	Margherita Pizza (V)	Vegetable Lasagne (V)	Cheese and Bean Tortilla Wrap (V)	Stir Fry Noodles (V)	Ham and Cheese Sub/ Cheese Sub
arbohydrates, £at, vater, vitamins, and inerals. Nutrition important for		Jacket potato with a selection of fillings (V)				
veryone. Il our dishes aim to		Ham, Cheese or Tuna Mayo Sandwich				
ter a variety of atrients as well as ing tasty too!	Dessert	A selection of Fruit and Plain Muffins	Freshly Baked Cookies	Chocolate Shortbread	Iced sponge and Custard	Flapjack and Custard

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