

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	Breaded Chicken Breast and Chips
Main Dish 2	Vegetarian Sausage, Mash and Gravy (V)	Macaroni Cheese (V)	Steamed Cod with a Tomato Sauce	Spaghetti Bolognese (V)	Margherita Pizza (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	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.

Lunch Menu Spring Term

MAKE GOOD CHOICES

WEEK TWO

10/01/2022

07/02/2022

14/03/2022

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.

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 Pasta (V)	Meat and Potato Pie	Chicken Tikka, Rice and Naan Bread	Sausage and Mash	Fish and Chips
Main Dish 2	Cheese Whirl (V)	5 Bean Chilli (V)	Vegetable Enchiladas (V)	Meatball Pasta (V)	Ham and Cheese sub
	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	Raspberry Buns	Shortbread and Custard	Iced sponge and Custard	Fruit 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.

Lunch Menu Spring Term

**MAKE
GOOD CHOICES**

WEEK THREE

17/01/2022

14/02/2022

21/03/2022

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.

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)	Mince and Vegetable Pie	Chicken Korma, Rice and Naan Bread	Chicken / Vegetarian Roast Dinner	Fish Fingers and Chips
Main Dish 2	Omelette (V)	Macaroni Cheese (V)	Salmon Goujons	Spaghetti Bolognese	Margherita Pizza (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.

Lunch Menu Spring Term

MAKE GOOD CHOICES

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.

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 Pesto Pasta (V)	Cottage Pie	Chicken Tikka, Rice and Naan Bread	Sausage and Mash	Fishcake and Chips
Main Dish 2	Vegetarian Sausage, Mash and Gravy (V)	Sweet and Sour Chicken	Lasagne (V)	Cheesy Pasta Bake (V)	Margherita Pizza (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	Freshly Baked Cookies	Chocolate Shortbread	Iced sponge and Custard	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.