



## AVAILABLE EVERY DAY

- Packed Lunch option
- Jacket potato and fillings or pasta and sauce
- Seasonable vegetables
- Selection of fresh salad

# LUNCHTIME CO<sup>TM</sup>

## WEEK ONE MENU

WEEKS COMMENCING: • 16TH APRIL • 7TH MAY  
• 4TH JUNE • 25TH JUNE • 16TH JULY

### NUTRITIONALLY PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

### WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

MEAT  
FREE 

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Freshly Baked Bread

Garlic & herb  
ciabatta

Home baked  
wholemeal bread

Herbed focaccia

Rosemary  
wholemeal bread

Herbed ciabatta

#### Main Choice 1

Pasta arrabiata

Pork sausage  
with mashed  
potatoes

Spanish chicken  
with roasted  
pepper rice

Roast turkey & roast  
potatoes

Battered fish served  
with oven baked  
chips & garden peas

#### Main Choice 2

Cheese & potato pie

Vegetarian  
sausages with  
mashed potatoes

Spanish vegetables  
with roasted  
pepper rice

Filo vegetable tart  
and roast potatoes

Macaroni cheese  
with leeks

#### Desserts

Flap jack  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Fruit Jelly  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Gingerbread  
cookies  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Banoffee pie  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Fudge Tart  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

**Our mission is to make your lunchtime meal the highlight of your day**

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •  
All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE





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## WEEK TWO MENU

WEEKS COMMENCING: • 23RD APRIL • 14TH MAY  
• 11TH JUNE • 2ND JULY • 23RD JULY

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### WE BUY LOCAL

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MEAT  
FREE 

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Freshly Baked Bread

Garlic & herb  
focaccia

Home baked  
wholemeal bread

Home baked  
ciabatta

Rosemary  
wholemeal bread

Home baked  
focaccia

#### Main Choice 1

Vegetable quiche  
with new potatoes

Jerk chicken with  
rice

Beef lasagne with  
garlic bread

Roasted Norfolk  
chicken with stuffing  
& roasted potatoes

Fish & Chips  
with garden peas

#### Main Choice 2

Quorn bolognese  
pasta bake

Felafel wrap with  
vegetable rice and  
cucumber and  
mint dip

Vegetarian lasagne  
with garlic bread

Red onion and  
feta tart with roast  
potatoes

Flat bread pizza with  
chips and garden  
peas

#### Desserts

Apple crumble  
served with custard  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Shortbread cookie  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Lemon drizzle cake  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Mixed fruit  
cheesecake  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Ice cream & sauces  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

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## WEEK THREE MENU

WEEKS COMMENCING: • 30TH APRIL • 21ST MAY  
• 18TH JUNE • 9TH JULY

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MEAT  
FREE 

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Freshly Baked Bread

Garlic & herb  
focaccia

Home baked  
wholemeal bread

Home baked  
ciabatta

Poppy seed  
wholemeal bread

Home baked  
focaccia

#### Main Choice 1

Roast pepper pasta  
bake

Beef burger in a bun  
served with new  
potatoes

Italian chicken  
served with rice

Roasted pork &  
apple sauce served  
with roast potatoes

Fish fingers with  
oven baked chips &  
garden peas

#### Main Choice 2

Creamy vegetable  
curry with rice

Bean burger in a  
bun served with new  
potatoes

Italian vegetables  
served with rice

Fritatta served  
with roasted new  
potatoes

Macaroni cheese  
served with garlic  
bread

#### Desserts

Pancakes  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Carrot and orange  
muffin  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Fruit trifle  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Caramel apple betty  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

Chocolate brownie  
Sliced fresh fruit, natural yoghurt,  
cheese & biscuits

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