



→ LUNCHEON MENU 1 ←

Early Years & Years 1 - 4

Served week: 23rd – 27th February / 15th – 19th March, 2020

SUNDAY

Daily Special

- Mexican beef with nachos (GF)
- Chicken biryani (GF)
- Vegetable pie (VF)
- Whole wheat spaghetti (VF)
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (GF/VF/DF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

MONDAY

Daily Special

- Chicken in lemon & dill sauce
- Mac and cheese (V)
- Chinese beef with honey & black pepper sauce
- Brown rice (GF/DF/V)
- Basil infused potato (V/DF/GF)
- Fresh vegetable selection (V/DF/GF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

TUESDAY

Daily Special

- Butter Chicken (GF)
- Beef stew
- Pesto pasta (V)
- Brown rice (GF/DF/V)
- Mashed potato (V)
- Fresh vegetable selection (V/DF/GF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

WEDNESDAY

Daily Special

- Beef Teriyaki (GF)
- Asian Chicken Noodles
- Fish pie with a cheesy mash topping (GF)
- Brown rice (GF/DF/V)
- Fresh vegetable selection (V/DF/GF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

THURSDAY

Daily Special

- Beef burger
- Margarita pizza (V)
- Chicken Tandoori kebabs (GF)
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (V/DF/GF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

*Vegetarian options available daily
 *All vegetables are locally sourced where possible
 *Vegetables or side salad served with main meal
 *All sandwich bread, rolls, wraps & pasta are whole-wheat *rice is brown

*V-Vegetarian * VF – Vegan Friendly
 *GF – Gluten Friendly *Dairy Friendly
 *We follow a no nut policy



LUNCHEON MENU 2

Early Years & Years 1 - 4

Served week: 1st – 5th March / 22nd – 26th March, 2020

SUNDAY

Daily Special

- Meatballs in a tomato & basil sauce
- Chicken and broccoli stir-fry (GF)
- Leek & goat cheese quiche (V)
- Whole wheat pasta (V/DF)
- Brown rice (GF/DF/V)
- Potato wedges (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

MONDAY

Daily Special

- Roast chicken
- Beef burrito pie
- Caramelized onion pie (V)
- Roast potato (GF/DF/V)
- Brown rice (GF/DF/V)
- Roasted Vegetables (GF/DF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

TUESDAY

Daily Special

- Chicken tikka masala
- Vegetable lasagna (V)
- Pot roast beef tenderloin
- Brown rice (GF/DF/V)
- Minty green pea & potato mash (GF/V)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

WEDNESDAY

Daily Special

- Chicken Sausage with gravy
- Beef stroganoff
- Cheese & sweetcorn pasta bake (V)
- Mashed potato (GF/V)
- Brown rice (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

THURSDAY

Daily Special

- Homemade beef burger
- Margarita pizza (V)
- Fish fingers (DF)
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (V/DF/GF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Daily dessert (V) fresh fruits (VF/GF/DF)

*Vegetarian options available daily
 *All vegetables are locally sourced where possible
 *Vegetables or side salad served with main meal
 *All sandwich bread, rolls, wraps & pasta are whole-wheat *rice is brown

*V-Vegetarian * VF – Vegan Friendly
 *GF – Gluten Friendly *Dairy Friendly
 *We follow a no nut policy



→ LUNCHEON MENU 3 ←

Early Years & Years 1 - 4

Served week: 8th – 12th March, 2020

SUNDAY

Daily Special

- Beef lasagna
- BBQ chicken (GF)
- Spinach and feta quiche (V)
- Brown rice (GF/DF/V)
- Potato wedges (V/DF/GF)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

MONDAY

Daily Special

- Beef & broccoli stir fry (GF)
- Chicken pie
- Tomato & basil pasta bake (V)
- Brown rice (GF/DF/V)
- Seasoned roast potato (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

TUESDAY

Daily Special

- Chicken curry (GF)
- Cottage pie
- Vegetable ratatouille (GF/DF/V)
- Brown rice (GF/DF/V)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

WEDNESDAY

Daily Special

- Chili beef noodles
- Parmesan crusted chicken
- Vegetable lasagna (V)
- Seasoned potato wedges (DF/GF/V)
- Fresh vegetable selection (DF/GF/V)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Fresh fruits (VF/GF/DF)

THURSDAY

Daily Special

- Beef burger
- Margarita pizza (V)
- Chicken sausage
- Potato wedges (GF/VF/DF)
- Fresh vegetable selection (V/DF/GF)
- Pasta (VF) with blended vegetable & lentil sauce (VF/GF/DF)
- Daily dessert (V) fresh fruits (VF/GF/DF)

*Vegetarian options available daily
 *All vegetables are locally sourced where possible
 *Vegetables or side salad served with main meal
 *All sandwich bread, rolls, wraps & pasta are whole-wheat *rice is brown

*V-Vegetarian *VF – Vegan Friendly
 *GF – Gluten Friendly *Dairy Friendly
 *We follow a no nut policy