

Lunch Menu Week 1

Week 1		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Margarita Pizza with Wedges & Beans	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread V	Sausage Toastie	Chicken Curry with white Rice & Green Beans	Fishcake or Fish Fingers with Chips & Peas
	Vegetarian Chilli with white Rice	Pesto Pasta OR Vegetarian wholemeal Spaghetti Bolognese Ve	Vegetarian Sausage Toasties with Beans V	Macaroni Cheese OR Curry sauce with white Rice & Green Beans V	Vegetarian Sausage Roll with Chips & Beans Ve
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit & Yoghurt	Iced Sponge Cake	Cherry Bakewell Slice	Apple Flapjack	'Chocolate' Fudge cup cake

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements.
All menus are checked by a nutritionist and adhere to School Food Standards.

V Vegetarian
Ve Vegan
 Oily fish

Lunch Menu Week 2

Week 2	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Wholemeal Tomato & Basil Pasta Ve	All Day Breakfast	Chicken / Ham Roast Dinner with Roasted Potatoes & Seasonal Vegetables	Homemade Scouse served with crusty bread	Fishcake or Fish Fingers with Chips & Peas
	Vegetarian Curry with White Rice Ve	Cheese & Tomato Toasties with Salad V	Vegetarian Roast Dinner with Roasted Potatoes & Seasonal Vegetables Ve	Meat free Scouse OR Tuna Pasta V	Veggie Fingers with Chips & Beans V
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fruit + Yoghurt	Rich 'chocolate' Cookie	Vanilla Cheesecake	Fruit + Yoghurt	Victoria Sponge Cupcake

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 3

Week 3	 Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Wholemeal Margarita Pizza with wedges & Beans 	Sausage & Mash with Seasonal Vegetables & Gravy	Chicken Curry with Rice & Green Beans	Lasagne served with garlic bread and salad	Salmon Stars or Fish Fingers with Chips & Peas 
	Roasted Red Pepper Quiche with Salad 	Vegetarian sausage and mash 	Wholemeal Pesto Pasta OR Curry sauce with rice and green beans 	Stir Fry Vegetables with Egg noodles OR Meat free Lasagne served with garlic bread and salad 	Vegetarian Sausage Roll with Chips & Beans 
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Fruit & Yoghurts	Shortbread Biscuit served with fresh fruit	Sticky Toffee Cake	Cheese & Crackers	'Chocolate' Fudge Cupcake

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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Lunch Menu Week 4

Week 4		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese & Tomato Toasties with beans 	Chicken Curry with Rice & Green Beans	Roast Chicken Dinner with Roast Potatoes & Seasonal Vegetables	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Fishcake or Fish Fingers with Chips & Peas
	Homemade quiche served with salad & crusty bread 	Macaroni Cheese OR Curry sauce with Rice & Green Beans 	Vegetarian Roast Dinner with Roasted potatoes & Seasonal Vegetables 	Vegetarian Spaghetti Bolognese with Salad & Garlic Bread 	Veggie Fingers with Chips & Beans 
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fruit & Yoghurts	Banana Custard	Victoria Sponge Cupcakes	Shortbread biscuit	Cheese and crackers

Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

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