

HEALTHY MENU FOR LUNCH THIS WEEK..



Nutritionally
analysed to
provide a healthy
meal

MONDAY

CHICKEN CURRY

- Chapati, Rice
- Broccoli, Salad
- Chocolate Sponge & Custard, Fruit

EGG MAYO BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

TUESDAY

BREADED HADDOCK

- Chips
- Baked Beans, Salad
- Plain Muffin, Fruit

CHEESE SALAD ROLL

- Salad, Coleslaw
- Selection of Fruit
- Strawberry Mousse

WEDNESDAY

BEEF LASAGNE

- Garlic Bread
- Carrots, Salad
- Strawberry Mousse, Fruit

VEGAN CHICKEN SALAD BAGUETTE

- Salad
- Selection of Fruit
- Plain Muffin

THURSDAY

SAUSAGES & GRAVY

- Potatoes
- Peas, Salad
- Rice Pudding, Fruit

CORONATION CHICKEN & CUCUMBER BAGUETTE

- Salad
- Selection of Fruit
- Rice Pudding

FRIDAY

CHEESE PANINI

- Salad
- Selection of Fruit
- Strawberry Mousse

CHEESE & TOMATO BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

Available
for £2.90

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MONDAY

SALMON FISHCAKES

- Potatoes
- Peas, Salad
- Strawberry Mousse, Fruit

CHICKEN TIKKA BAGUETTE

- Salad
- Selection of Fruit
- Plain Muffin

TUESDAY

ROAST BEEF & GRAVY

- Yorkshire Pudding, Boiled Potatoes
- Cauliflower, Salad
- Orange Cake & Custard, Fruit

TUNA MAYO SALAD BAGUETTE

- Salad, Coleslaw
- Selection of Fruit
- Strawberry Mousse

WEDNESDAY

CHICKEN TERIYAKI

- Rice
- Sweetcorn, Salad
- Plain Muffin, Fruit

EGG SALAD ROLL

- Salad
- Selection of Fruit
- Plain Muffin

THURSDAY

CHICKEN PIE

- Potatoes
- Carrots, Salad
- Strawberry Mousse, Fruit

VEGAN CHEESE BAGUETTE

- Salad
- Selection of Fruit
- Plain Muffin

FRIDAY

CHICKEN MAYO PANINI

- Salad
- Selection of Fruit
- Plain Muffin

CORONATION CHICKEN SALAD BAGUETTE

- Salad
- Selection of Fruit
- Plain Muffin

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MONDAY

MACARONI CHEESE

- Garlic Bread
- Sweetcorn, Salad
- Strawberry Mousse, Fruit

VEGAN CHEESE BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

TUESDAY

ROAST CHICKEN & GRAVY

- Boiled Potatoes
- Carrots, Salad
- Plain Muffin, Fruit

TUNA MAYO PANINI

- Salad, Coleslaw
- Selection of Fruit
- Strawberry Mousse

WEDNESDAY

BREADED HADDOCK

- Chips
- Peas, Salad
- Rice Pudding, Fruit

CORONATION CHICKEN BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

THURSDAY

MINCE

- Potatoes
- Mixed Vegetable, Salad
- Plain Sponge & Custard, Fruit

CHEESE & RED ONION BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

FRIDAY

CHEESE PANINI

- Salad
- Selection of Fruit
- Plain Muffin

CHICKEN TIKKA BAGUETTE

- Salad
- Selection of Fruit
- Plain Muffin

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MONDAY

CHICKEN FRICASSE

- Rice
- Broccoli, Salad
- Strawberry Mousse, Fruit

CHEESE & TOMATO PANINI

- Salad
- Selection of Fruit
- Strawberry Mousse

TUESDAY

STEAK PIE

- Boiled Potatoes
- Peas, Salad
- Strawberry Mousse, Fruit

VEGAN CHEESE BAGUETTE

- Salad, Coleslaw
- Selection of Fruit
- Carrot cake Cookie

WEDNESDAY

SALMON FISHCAKES

- Potato Wedges
- Sweetcorn, Salad
- Strawberry Mousse, Fruit

TUNA MAYO BAGUETTE

- Salad
- Selection of Fruit
- Plain Muffin

THURSDAY

CHICKEN KATSU CURRY

- Rice
- Carrots, Salad
- Strawberry Mousse, Fruit

CHEESE & CUCUMBER BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

FRIDAY

TUNA MAYO PANINI

- Salad
- Selection of Fruit
- Plain Muffin

CHICKEN MAYO BAGUETTE

- Salad
- Selection of Fruit
- Strawberry Mousse

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