

## LUMEEK 1

Autumn/Winter 2023/2024:

16/10, 06/11, 27/11, 18/12, 8/1, 29/1,

FRIDAY

Golden Fish Fingers

with Chips

Pizza

Margherita

with Chips

**Baked Beans** 



MATN FVFNT

MEAT-FREE MAGIC **Vegetarian Dish** 

**Vegetables and Salads** 

**Topped Pasta** 

Filled Jacket

**Pudding** 

MONDAY

Chicken & Vegetable Meatballs in Tomato Sauce with Pasta **Twirlers** 

Sweet Chilli Vegetable Stir Fry with Whole Grain Rice

Mixed Salad

Toffee Sponge and Custard TUESDAY

Mild Chicken Curry with Whole Grain Rice

Cheesy Broccoli

Pasta Bake

Green Beans

Broccoli

WEDNESDAY

Sausages with

Mashed Potatoes

and Gravy

Homemade Cheese

and Leek Sausages

with Mashed

Potatoes and Gravy

Daily salad bowl and freshly baked bread available every day

THURSDAY

BBO Drizzle Pizza

with Baked Potato

Wedges

Vegetable and Lentil

(Tarka Dhal) Curry

with Whole Grain

Rice

Peas

**Crispy Skin Jacket Potatoes** 

**Hot Pasta topped with Homemade Tomato Sauce** 

with Cheese or Beans

Jelly & Fruit Slices

**Tropical Pineapple** Crumble and Custard

Orange Cookie

Vanilla Ice Cream

Cut fruit, yoghurt and jelly available every day



Autumn/Winter 2023/2024: 23/10, 13/11, 04/12, 25/12, 15/1, 5/2

FRIDAY

Golden Fish

**Fingers** 

with Chips

**Cheesy Sweetcorn** 

Pizza

with Chips

## WEEK 2 MF | WEEK 2

TUESDAY

Pizza Margherita

with Baked Potato

Wedges

Golden Vegetable

Fingers with Baked

Potato Wedges



MATN FVFNT



**Vegetarian Dish** 

**Vegetables and Salads** 

PASTA TWIRLER

**Topped Pasta** 

Filled Jacket

All Day Veggie

Breakfast Brunch Veggie Sausage, Egg, Hash Brown and Beans

MONDAY

All Day Breakfast

Brunch Sausage, Egg, Hash

**Brown and Beans** 

**Baked Beans** 

Green Salad

Carrots

Sweetcorn

THURSDAY

Chicken and

Vegetable

**Noodle Stir Fry** 

(Chow Mein)

Mexican Bean Wrap

with Whole Grain

Rice

**Baked Beans** 

Daily salad bowl and freshly baked bread available every day

WEDNESDAY

Roast Chicken and

**Stuffing Roast** 

Potatoes & Gravy

Super Veggie Pie

Vegetable, Lentil and

Onion Pie with Mash

**Hot Pasta topped with Homemade Tomato Sauce** 

**Crispy Skin Jacket Potatoes** 

with Cheese or Beans

**Pudding** 

Fruity Flapjack

Jammy Crumble Bars

Apple Crumble and Custard

Orange Jelly

Vanilla Ice Cream

Cut fruit, yoghurt and jelly available every day



Autumn/Winter 2023/2024:

30,10, 20/11, 11/12, 01/01, 22/01, 12/02

## LUNCH WEEK3 MENU



MATN FVFNT

MEAT-FREE MAGIO Vegetarian Dish

RAINBOW ALLEY
Vegetables and Salads

PASTA TWIRLER Topped Pasta
BIG TOPPING

DESSERT TROLLEY
Pudding

Filled Jacket

MONDAY

Hot Dog with Baked Potato Wedges

Vegetarian Shepherd's Pie

Green Beans

Watermelon

Wedge

TUESDAY

Tomato & Roasted Vegetable Pasta Bake

Mixed Vegetable Korma with Whole Grain Rice

Broccoli

WEDNESDAY

Roast Gammon with Roast Potatoes and Gravy

> Baked Mac n Cheese

> > Carrots

Daily salad bowl and freshly baked bread available every day

THURSDAY

**Pizza Day!**Veggie Supreme
Pizza with Baked
Potato Wedges

BBQ Drizzle Pizza with Baked Potato Wedges

Peas

Fingers with Chips

FRIDAY

Golden Fish

Golden Vegetable Fingers with Chips

**Baked Beans** 

**Hot Pasta topped with Homemade Tomato Sauce** 

**Crispy Skin Jacket Potatoes** 

with Cheese or Beans

Chocolate Crunch and Custard

Oaty Apple Crunch Slice Strawberry Jelly Vanilla Ice Cream

Cut fruit, yoghurt and jelly available every day