



















What's for lunch?

Spring2 Menu Wk 1 	Meat FREE Monday	Tuesday	Wednesday	Thursday Fairtrade Fortnight 	Friday
Main Meal Vegetarian	Pumpkin Risotto	Vegetable loaf  	Tarka Dahl 	Red onion and Goats cheese tarts 	Falafel 
Main Meal Meat		Roast Beef		Oven roasted Salmon	Fish fingers 
Accompaniment	Goats Cheese Salad 	Roast Potatoes & Yorkshire puddings	Pilau Rice	New Potatoes	chips
Hot Vegetable		Carrots and Cabbage	Cauliflower	Green Beans	Baked beans and peas
Table Salad/garnish	Carrot sticks and Green Salad		Raita 	Tomato Salad	
Bread 	Olive bread		Chapattis	Brown loaf	wholemeal rolls with butter 
Dessert	Yoghurt and Fresh fruit Salad 	Lemon Sorbet	Yoghurt and Fresh fruit Salad	Fair Trade Chocolate and Banana loaf   	Cheese & biscuits Fruit & Yoghurt  



OR CHOOSE

Baked jacket potato
with a choice
of fillings.














Option One

Our hot meals are served with
seasonal vegetables.
A selection of homemade breads.

Cold dessert of fresh fruit,
natural or fruity yoghurt.
Fresh water



What's for lunch?

Spring 2 Menu Wk 2	St David's Day 	Tuesday	Language of the month Punjabi Day Wednesday 	Thursday World Book Day	Friday
Main Meal Vegetarian	Leek and Caerphilly Pie 	Sweet potato and chickpea roast	Channa Massala Chickpea Curry	Hermione Vegetarian Shepherds pie 	Veggie Burgers
Main Meal Meat		Roast Chicken			Beef Burgers
Accompaniment		Roast Potatoes			Harry Potter Shepherds pie 
Hot Vegetable	Broccoli	Green beans and Roasted beetroot	Plain rice	Greens 	Cucumber and Tomato
Table Salad/garnish			Curried Apple and Celery Salad 		
Bread 	Bread and Butter		Home made bhatura		
Dessert	Welsh Cakes 	Cheese & biscuits Fruit & Yoghurt 	Cheese & biscuits Fruit & Yoghurt 	Gruffalo Crumble 	Cheese & biscuits Fruit & Yoghurt 



OR CHOOSE

Baked jacket potato with a choice of fillings.









Option One

Our hot meals are served with seasonal vegetables.
A selection of homemade breads.

Cold dessert of fresh fruit, natural or fruity yoghurt.
Fresh water



What's for lunch?

Spring 2 Menu Wk 3	Meat FREE Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Vegetarian	<i>Ricotta & Spinach Cannelloni</i> 	Aloo Gobhi Bhujija Potato & cauliflower stir fry	Roasted Root Veg	Spicy Veggie Sausage Ragu	Jerk roasted veg
Main Meal Meat	Roasted Veg	Holi Special Mutton Curry	Beef Stew Colcannon		Jerk Cod
Accompaniment		Vegetable pilau rice	Sautéed Greens	Mashed Potato	Coconut rice and peas
Hot Vegetable			Cheddar and Parsley Dumplings		
Table Salad/garnish	Green salad	Mango chutney	Pearl Barley Salad		Pineapple Salsa
Bread 	Olive Focaccia	Paratha Flatbreads		Malted Bloomer	
Dessert	Cheese & biscuits Fruit & Yoghurt  	Thandai Phirini: Spiced rice flour pudding https://www.whiskaffair.com/thandai-phirni/ 	Seasonal Fruit & Yoghurt	Fairtrade chocolate and beetroot and brownies 	Cheese & biscuits Fruit & Yoghurt  













OR CHOOSE

Baked jacket potato with a choice of fillings.
Option One

Our hot meals are served with seasonal vegetables.
A selection of homemade breads.
Cold dessert of fresh fruit, natural or fruity yoghurt.
Fresh water



What's for lunch?

Spring 2 Menu Wk 4	Meat FREE Monday	Tuesday	Wednesday	Thursday St Patricks Day 	Friday Outdoor Day
Main Meal Vegetarian	Bowls of Veggie Goulash	Chicken Stir Fry	Pasta Salad with Chive Aioli Dressing	Veggie Irish Stew	Packed Lunches
Main Meal Meat		Veggie Stir fry		Irish Stew	
Accompaniment		Noodles		Mash	
Hot Vegetable		Mange Tout		Colcannon	
Table Salad/garnish		Sweet Chilli Sauce			
Bread 	French Baguette	Prawn Crackers	Olive Focaccia	Soda bread and butter	
Dessert	Cheese & biscuits Fruit & Yoghurt  	Lemon Drizzle Cake   	Seasonal Fruit & Yoghurt 	Irish green shortbread biscuits  	



BUBBLE

OR CHOOSE

Baked jacket potato
with a choice
of fillings.

Option One

Our hot meals are served with
seasonal vegetables.

















A selection of homemade breads.

Cold dessert of fresh fruit,
natural or fruity yoghurt.

Fresh water



What's for lunch?

Spring 2 Menu Wk 5	Meat FREE Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Vegetarian	<i>Vegetable Paella</i>	Baked Cheddar & Pesto Jacket Potato 	Spaghetti Alla Norma 	Roasted Squash, Black Bean & Feta Fajitas 	Vegetarian Pizza 
Main Meal Meat		Chicken cacciatore		Spiced Lamb Mince Fajitas 	
Accompaniment		Rosemary Parmentier Potatoes		Bulgar Tabbouleh	Herby Pesto
Hot Vegetable	In main dish	Green Beans	In main dish	Roasted Peppers, Onions & Sweetcorn	Green Beans, Roasted Sweetcorn
Table Salad/garnish	Mixed Leaves, Tomato & Cucumber Salad	White Bean dip	Baba Ganoush	Cucumber Salad	Salad of the Day
Bread 	Freshly Baked Bread	Cheesy Bread	Pitta Bread 	In main dish	Included in Pizza
Dessert	Cheese & biscuits Fruit & Yoghurt  	Wholemeal Ginger & Oat Cookies 	Seasonal Fruit & Yoghurt 	Carrot Cake   	Cheese & biscuits Fruit & Yoghurt  



OR CHOOSE

Baked jacket potato
with a choice
of fillings.




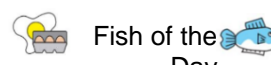







Option One

Our hot meals are served with
seasonal vegetables.
A selection of homemade breads.

Cold dessert of fresh fruit,
natural or fruity yoghurt.
Fresh water



What's for lunch?

Spring 2 Menu Wk 6	Meat FREE Monday	Tuesday	Wednesday	London Day Thursday	Friday
Main Meal Vegetarian	Spinach & Feta Burek 	Roast Pepper Frittata 	Veggie Sausages	Packed Lunches	Stuffed Sweet potato Skins 
Main Meal Meat		Mexican Chipotle Chicken	Sausages		Fish of the Day 
Accompaniment		Coriander & Lime Rice	Buttery mash and gravy		Spiced Roasted New Potatoes Crushed Peas & Mint
Hot Vegetable		Refritos Beans	Mixed veg		
Table Salad/garnish	Rainbow Carrot & Hummus	Tomato Salsa	Crudites		Coleslaw 
Bread 	Seeded Wholemeal Loaf	Tomato Salsa	Bread and butter		Granary rolls with butter 
Dessert	Cheese & biscuits Fruit & Yoghurt 	Raisin Flapjacks 	Cheese & biscuits Fruit & Yoghurt 	Ice Cream 	



OR CHOOSE

Baked jacket potato
with a choice
of fillings.

Option One

Our hot meals are served with
seasonal vegetables.
A selection of homemade breads.

Cold dessert of fresh fruit,
natural or fruity yoghurt.
Fresh water

