












# What's for lunch?

## H I S P A N I C

Spring 1 Menu Wk 1	Meat FREE Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Meal Vegetarian</b>			Sweet potato & lentil vegetarian Empanadas   Beef Empanadas 	Spanish Red pepper Pasta Bake 	Vegetarian Tacos 	
<b>Main Meal Meat</b>					Chicken Tacos 	
<b>Accompaniment</b>			3 Bean Salad		Refried Beans	
<b>Vegetable</b>			Green Salad	Ensalada Mixte	Sweet corn Salsa	
<b>Table Salad/garnish</b>			Onion and tomato salsa		Cucumber and Carrot Sticks	
<b>Bread</b> 					Pan Rustico	
<b>Dessert</b>				Lime jelly with nectarines	Yoghurt and Fresh fruit Salad 	Churros Chocolate Sauce  



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 1 Menu Wk 2	Meat FREE Monday	 Tuesday  Language of the month Gujarati Day	Wednesday	Thursday	Friday
<b>Main Meal Vegetarian</b>	<i>Basil Pesto Pasta Or Sundried tomato Pasta</i>	Spinach and Chickpea Curry	Vegetable chickpea pie 	Vegetable Soup	Vegetable Samosas
<b>Main Meal Meat</b>		Gujarati Dal	Shepherd's Pie	Chicken Soup	Baked Battered Fish Or Calamari 
<b>Accompaniment</b>					Oven Chips
<b>Hot Vegetable</b>	Roasted Mediterranean Vegetables	Vegetable Biryani	Carrots and Kale		Garden Peas
<b>Table Salad/garnish</b>	Mixed Leaf Salad with cherry toms	Poppadum and Mango Chutney		Humus and Carrot sticks	Mixed Salad
<b>Bread</b> 	Garlic & Parmesan Strips 	Rotis	Wholemeal bloomer	Cheese Rolls and butter 	Bread and Butter 
<b>Dessert</b>	Cheese & biscuits Fruit Salad & Yoghurt  	Rhubarb Crumble 	Seasonal Fruit Salad & Yoghurt 	Jam and coconut Tart  	Cheese & biscuits Fruit Salad & 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 1 Menu Wk 3	Meat FREE Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Vegetarian</b>	<i>Fajita pasta vegetable bake</i> 	Vegetable Sausage Casserole	<i>Quorn &amp; Veg Chilli</i> 	Vegetable and Crispy Baked Tofu Stir Fry	Roast vegetable puffed pastry slices 
<b>Main Meal Meat</b>		Sausage Casserole	Chilli con carne		Fresh Fish 
<b>Accompaniment</b>		 Mustard Mash 	Braised Rice	Egg Noodles & Pak choi 	Croquettes  
<b>Hot Vegetable</b>	Roasted Veg	Savoy Cabbage			Mixed Veg
<b>Table Salad/garnish</b>	Nachos & Guacamole 		Carrot and celery sticks 	Vegetable Spring rolls 	Waldorf Salad
<b>Bread</b> 	Pitta bread		Tortillas	Prawn Crackers	Sun dried tomato Bread
<b>Dessert</b>	Seasonal Fruit and Yoghurt 	Apple Crumble  	Yoghurt and Fresh fruit Salad 	Pineapple upside down cake   	Yoghurt and Fresh fruit Salad 



**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 1 Menu Wk 4	Meat FREE Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Vegetarian</b>	Cheese and tomato or Veg & Tomato Home made scone base Pizza	Vegetarian Lancashire Hot pot	Tofu Pho (Vietnamese rice noodle soup)	Spinach and mushroom Stroganoff	Roast vegetable puffed pastry slices
<b>Main Meal Meat</b>		Lamb Hot Pot	Chicken Pho (Vietnamese rice noodle soup)	Beef Stroganoff	Fish Pie
<b>Accompaniment</b>	Winterslaw	New potatoes	Spring rolls	Rice	Mash
<b>Hot Vegetable</b>		String Beans		Garden Peas and baby carrots	Mixed Veg
<b>Table Salad/garnish</b>	Mixed Leaves		Cucumber Slices	Gherkins	
<b>Bread</b>		Wholemeal Bloomer		Rye Bread	Bread and Butter
<b>Dessert</b>	Yoghurt and fresh fruit Salad	Carrot Cake	Yoghurt and Fresh fruit Salad	Homemade Blueberry Muffins	Yoghurt and Fresh fruit Salad



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 1 Menu Wk 5	Meat FREE Monday	Tuesday	 Wednesday Language of the month French Day	Thursday	Friday
<b>Main Meal Vegetarian</b>	 Vegetable Thai Curry	French onion Soup	Ratatouille	Meat Free Lasagne	Bean Burger
<b>Main Meal Meat</b>		Leek and Potato soup	Chicken Cassoulet	Lasagne	 Fish Finger wraps
<b>Accompaniment</b>	Rice		Gratin Dauphinois 	Garden Salad	Potato Wedges
<b>Hot Vegetable</b>	Mange Tout		L'haricot verts	Cucumber wedges	Garden Peas
<b>Table Salad/garnish</b>	Sweet chilli sauce	Carrots and pepper crudités		Garlic Bread	 Red cabbage  Coleslaw
<b>Bread</b> 	Thai prawn crackers	Crusty rolls and Butter	Baguette	 Courgette sponge 	
<b>Dessert</b>	Mango Sorbet	Mixed berry crumble and custard	 Tarte Tartin (apple)	Garden Salad	Yoghurt and Fresh fruit Salad 



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 1 Menu Wk 6	Meat FREE Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Vegetarian</b>	Pasta Napolitano 	Roasted vegetable loaf	Cauliflower macaroni cheese  	Veg Spaghetti Bolognese	Cheese & Tomato Quiche   
<b>Main Meal Meat</b>		Roast Chicken		Spaghetti Bolognese	Fishcakes  
<b>Accompaniment</b>		Rosemary roast potatoes			Oven baked Potato wedges
<b>Hot Vegetable</b>	Roasted Vegetables	Cauliflower Broccoli and Carrots	Green Beans		Petits pois
<b>Table Salad/garnish</b>	Beef Tomato and Mozzarella Salad 		Cherry tomato and Cucumber sticks	Rocket and tomato salad	Mixed Salad
<b>Bread</b> 	Focaccia		Wholemeal bread	Olive Bread	Granary rolls with butter 
<b>Dessert</b>	Cheese & biscuits Fruit & Yoghurt  	Steamed date and syrup pudding  	Seasonal Fruit & Yoghurt 	Tiramisu  	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

