












What's for lunch?

Spring2 Menu Wk 1:	Meat FREE Monday	Tuesday	Wednesday	Thursday Fairtrade Fortnight	 Friday St David's Day Celebration
Main Meal Vegetarian	Pumpkin Risotto	Vegetable loaf 	Tarka Dahl 	Red onion and Goats cheese tarts 	Leek and Caerphilly Pie 
Main Meal Meat		Roast Beef		Oven roasted Salmon	Chicken and Leek Pie 
Accompaniment	Goats Cheese Salad 	Roast Potatoes & Yorkshire puddings	Pilau Rice	New Potatoes	
Hot Vegetable		Carrots and Cabbage	Cauliflower	Green Beans	Broccoli
Table Salad/garnish	Carrot sticks and Green Salad		Raita 	Tomato Salad	
Bread 	Olive bread		Chapattis	Brown loaf	Bread and Butter
Dessert	Yoghurt and Fresh fruit Salad 	Lemon Sorbet	Yoghurt and Fresh fruit Salad	Fair Trade Chocolate and Banana loaf 	Welsh Cakes 



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	Monday	Tuesday	 Wednesday  Language of the month Punjabi Day	Thursday World Book Day	Friday
Main Meal Vegetarian	Vegetable Tagine Vegetable couscous 	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		Green beans and Roasted beetroot	Plain rice		
Table Salad/garnish	Cucumber Salad		Curried Apple and Celery Salad 	Greens	Cucumber and Tomato
Bread 	Wholemeal bread		Home made bhatura		
Dessert	Seasonal Fruit & Yoghurt 	Bread and Butter pudding  	Cheese & biscuits Fruit & Yoghurt  	 Gruffalo Crumble   	Cheese & biscuits Fruit & Yoghurt  



OR CHOOSE

Baked jacket potato
with a **choice**
of **fillings**.

Option One

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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 Holi	Thursday	Friday
Main Meal Vegetarian	<i>Ricotta & Spinach Cannelloni</i> 	Roasted Root Veg	Aloo Gobhi Bhujija Potato & cauliflower stir fry	Spicy Veggie Sausage Ragu	Jerk roasted veg
Main Meal Meat	Roasted Veg	Beef Stew Colcannon	Holi Special Mutton Curry		Jerk Cod
Accompaniment		Sautéed Greens Cheddar and Parsley Dumplings	Vegetable pilau rice	Mashed Potato	Coconut rice and peas
Hot Vegetable					
Table Salad/garnish	Green salad	Pearl Barley Salad	Mango chutney		Pineapple Salsa
Bread 	Olive Focaccia		Paratha Flatbreads	Malted Bloomer	
Dessert	Cheese & biscuits Fruit & Yoghurt  	Seasonal Fruit & Yoghurt	Thandai Phirini: Spiced rice flour pudding  https://www.whiskaffair.com/thandai-phirni/	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	Friday Red Nose day
Main Meal Vegetarian	Bowls of Veggie Goulash	Chicken Stir Fry	Pasta Salad with Chive Aioli Dressing	Quorn chilli	Falafel 
Main Meal Meat		Veggie Stir fry		Beef chilli Con carne	Fish fingers 
Accompaniment		Noodles		Rice	chips
Hot Vegetable		Mange Tout		Sweetcorn and green beans	Baked beans and peas
Table Salad/garnish		Sweet Chilli Sauce		Roasted red pepper salad	
Bread 	French Baguette	Prawn Crackers	Olive Focaccia	Nachos	wholemeal rolls with butter 
Dessert	Cheese & biscuits Fruit & Yoghurt  	Lemon Drizzle Cake   	Seasonal Fruit & Yoghurt 	Cheese & biscuits Fruit & Yoghurt  	Jam Tarts  



OR CHOOSE

Baked jacket potato
with a **choice**
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Option One

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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 Ramadan Starts	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 & Yogi 



OR CHOOSE








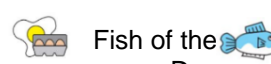









Baked jacket potato
with a choice
of fillings.

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 Passover	Thursday	Friday
Main Meal Vegetarian	Spinach & Feta Burek 	Roast Pepper Frittata 	Courgette Soup 	Lentil Pie 	Stuffed Sweet potato Skins 
Main Meal Meat		Mexican Chipotle Chicken	Chicken Noodle Soup 	Beef and Mushroom pie 	Fish of the Day 
Accompaniment		Coriander & Lime Rice		Potato wedges Herby roasted carrots	Spiced Roasted New Potatoes Crushed Peas & Mint
Hot Vegetable		Refritos Beans			
Table Salad/garnish	Rainbow Carrot & Hummus	Tomato Salsa	Humous and Crudités	Baby gem salad	Coleslaw 
Bread 	Seeded Wholemeal Loaf	Tomato Salsa	Challah bread 		Granary rolls with butter 
Dessert	Cheese & biscuits Fruit & Yoghurt 	Raisin Flapjacks 	Seasonal Fruit & Yoghurt 	Chocolate sponge and chocolate custard 	Cheese & biscuits Fruit & Yoghurt 



OR CHOOSE

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A selection of homemade breads.

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

