

MAINS

From £2.55

Week One: 02/09, 30/09, 04/11, 02/12

MON

TUE

WED

THU

FRI

Mexican Chilli Beef Con Carne
with Steamed Rice
and Sour Cream (Mk)

Extras
Nachos
Sweetcorn and Peppers

Vegan Chilli with Steamed
Rice and Vegan Sour Cream
(So, Mu, Ce)

Extras
Nachos
Sweetcorn and Peppers

MASALA MOMENTS

Chicken Jalfrezi (G)

Roasted Aubergine, Tofu
and Tomato Curry
(G, So, Mk)
Lentil and Cauliflower Dahl
(G)

Pilau Rice
Raita (Mk)
Mango Chutney

Extra
Naan bread (G)
Onion Bhaji (G)

CARIBBEAN

Sticky Jerk Chicken
with Pineapple Salsa (Su)

Jamaican Stew Pork (G, F)

Caribbean Butternut Squash
and Black Bean Stew

Coconut Rice and Peas (Su)

Papaya Coleslaw (G, So)

Butchers Pork Sausages
with Gravy (G, Su)
Onion Chutney (Su, So, Mu, L)

Carrots
Broccoli
Creamy Mashed Potato

Vegetarian Sausages
with (G, Ce)
Onion Chutney (Su, So, Mu, L)

Carrots
Broccoli
Creamy Mashed Potato

FISH & CHIP SHOP

Battered Fish Fillet (G, F)
Cheese & Onion Patty
(G, So, Mk, E)
Sausage Dogs (G, Su, Se, Mu, E)

Cheese, Tomato and Roasted
Onion Quiche (G, Mk, E)

Oven Baked Chips
Garden Peas
Mushy Peas
Baked Bean
Spicy Curry Sauce (Mk)
Chunky Tartare sauce (E)
Ketchup and Lemon



THEME BARS
-PLUS DAILY-

JACKET
POTATOES
& SALAD BAR



Meal Deal
Only £3.03

Check out what's on offer today,
available for free school meals!

GLOBAL EATS

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MON

TUE

WED

THU

FRI

Stir Fry
Noodles with
Teriyaki
Chicken
(G, Su, So, E)

Cheese and
Tomato Pizza
Slice
(G, Mk)

Spicy, Sticky
Korean Chicken
Meatballs with
Noodles
(G, So, Se, E)

Chicken Pad
Thai Wrap with
Sweet Chilli
Sauce
(E, G)

Love Joes
Bombay
Burrito with
Indian Chicken
(G, Mu, Mk, E)

DESSERTS

- MONDAY**
Chocolate Sponge and Chocolate
Sauce (G, So, Mk, E)
- TUESDAY**
Bread and Butter Pudding with
Custard (G, Su, So, Mk, E)
- WEDNESDAY**
Raspberry Jam and Coconut Sponge
(G, Su, So, Mk, E)
- THURSDAY**
Winter Berry Cheesecake
(G, Mk, E)
- FRIDAY**
Apple and Mixed Berry Crumble
and Custard (G, So, Mk, E)

From £1.15



Daily Pasta Bar

- Slow Cooked Beef Bolognese (G)
- Tomato and Basil (G)
- Mac 'n' Cheese (G, Mk)

Served with

Home baked Garlic Bread (G, So, Mk)
Pesto (Mk) & Cheese (Mk)

From £0.00

ALLERGENS

we're allergy gurus!

- Ce = Celery
- Cr = Crustacean
- E = Eggs
- F = Fish
- G = Cereals
- L = Lupin
- Mk = Milk
- Mo = Molluscs
- Mu = Mustard
- N = Nuts
- P = Peanuts
- Se = Sesame Seeds
- So = Soya
- Su = Sulphur Dioxide

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Week Two: 09/09, 07/10, 11/11, 09/12

MON

TUE

WED

THU

FRI

Spanish Style Pork with Chorizo, Chickpeas and New Potatoes (Mk)
Green Beans

Extras
Garlic Bread (G,So,Mk)

Oven Baked Gnocchi with Tomato, Mozzarella and Pesto
Green Beans

Extras
Garlic Bread (G,So,Mk)

BURGER BAR

Quarter Pounder Beef Burger in a Sesame Bun (G,So)
Spicy Chicken Burger in a Sesame Bun (G,Se,Mu)

Falafel Burger in a Sesame Bun (G,Se)

Add
Mayonaise (E)
Shredded Iceberg
Fried Onions
Ketchup
Sweetcorn
BBQ Beans (Su,So,G,Ce)
Baked Potato Wedges

ROAST

Thyme Roast Chicken with Roast Gravy

VEGAN Beetroot & Squash Wellington (G,So)

Sage & Onion Stuffing Balls (G)
Roast Potatoes
Roast Cauliflower
Steamed Leeks and Peas

Extras
Yorkshire Pudding (G,Mk,E)

Slow Cooked Beef Lasagne Topped with Mozzarella (G,Mk,E)

Chef Salad
Coleslaw (E)

Extra
Focaccia Fingers (G)

Mediterranean Vegetable Lasagne Topped with Mozzarella (G,Mk,E)

Chef Salad
Coleslaw (E)

Extra
Focaccia Fingers (G)

FISH & CHIP SHOP

Battered Fish Fillet (G,F)
Jumbo Sausage Roll (G,Su,So,Mk)
Sausage Dogs (G,Su,Se,Mu,E)

Baked Mac and Cheese with Crunchy Topping (G,MSO,Mk)

Oven Baked Chips
Garden Peas
Mushy Peas
Baked Bean

Spicy Curry Sauce (Mk)
Chunky Tartare Sauce (E)
Ketchup and Lemon



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THU

FRI

Love Joes
Tandoori
Chicken with
Mango
Chutney Wrap
(G,Mk,E)

Cauliflower
Keralan Curry
with Brown Rice
(G)

Thai Pork
Noodles with
Sweet Chilli
(G,E)

Fiery Jerk
Chicken
Burger with
Tomato Salsa
(G,Su,Se)

Love Joes -
Lamb Shish
Kebab and
Salad
(G,So,Mk,E)

DESSERTS

MONDAY

Sticky Lemon Sponge
with Custard (G,So,Mk,E)

TUESDAY

Carrot Cake (G,Mk,E)

WEDNESDAY

Dutch Apple Caramel Tart
with Custard (G,So,Mk,E)

THURSDAY

Pear and Apricot Crumble
with Custard (G,So,Mk,E)

FRIDAY

Rice Pudding with
Raspberry Sauce (Mk)

From £1.15



Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with

Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

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Dioxide

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Week Three: 16/09, 14/10, 18/11, 16/02

MON

TUE

WED

THU

FRI

Greek Garlic Lemon, Thyme Chicken and Potato Tray Bake with Broccoli Chef's Salad

Cajun, Lime, Coriander Tofu and Potato Tray Bake (So,Mu) with Broccoli Chef's Salad

★ TEX MEX ★

Tex Mex Turkey Enchiladas (G,Mu,Mk)

Sancho Pollo Chicken Legs (Su)

Chick pea and Vegetable Moqueta (Su,Mu)

Blackbean, Sweetcorn and Coriander Rice Seared Greens

Extra
Cheesy Cornbread (Mk,E)

★ THAI KITCHEN ★

Thai Green Chicken Curry
Thai Pork Noodles with Sweet Chilli (G,E)

Butternut Squash Thai Curry (Mk,F)

Coconut Rice (Su)
Thai Ginger Beansprout Salad

Extra
Spring Roll with Sweet Chilli Sauce (G,So,Mk,E,Ce)
Prawn Cracker (Cr)

Cottage Pie with Cheesy Parsley Mash (G,Su,So,Mk,Ce)

Roast Cauliflower Green beans

Creamy Mashed Potato

Cottage Pie with Cheesy Parsley Mash (G,Su,So,Mk,Ce)

Roast Cauliflower Green beans

Creamy Mashed Potato

★ FISH & CHIP SHOP ★

Battered Fish Fillet (G,F)
Cheese & Onion Patty (G,So,Mk,E)
Sausage dogs (G,Su,Se,Mu,E)

Cheddar Leek and Potato Filo Pie (G,Mk,E)

Oven baked Chips

Garden Peas
Mushy Peas
Baked Bean
Spicy Curry Sauce (Mk)

Chunky Tartare sauce (E)
Ketchup and lemon



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THU

FRI

Cheese and Tomato Pizza Slice (G,Mk)

BBQ Chicken Wrap (G,So,E)

Chilli Dog with Grated Mozzarella and Crushed Tortillas (G,Su,So,Mu,Mk)

Mediterranean Chicken Wrap (G,Su,Mk,E)

Onion Bhaji Burger (G)

DESSERTS

MONDAY

Jamaican Ginger cake with Custard (G,So,Mk,E)

TUESDAY

Banoffee Pie (G,So,Mk)

WEDNESDAY

Cornflake Tart and Custard (G,So,Mk,E)

THURSDAY

Lemon Blondie (G,E)

FRIDAY

Apple and Rhubarb Crumble with Custard (G,So,Mk,E)

From £1.15



Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with

Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

From £0.00

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Week Four: 23/09, 21/10, 25/11

MON

TUE

WED

THU

FRI

Creamy Honey and Mustard
Pork with Leeks
(G,Mu,Mk)

Savoury Rice
Sweetcorn

Creamy Honey & Mustard
Quorn and Vegetables
(G,Mu,Mk,E)

Savoury Rice
Sweetcorn

★ ARABIAN NIGHTS ★

Pomegranate and Harissa
Chicken Traybake (So,Mk)

Spicy Aubergine and Bean Stew
with Coriander and Mint (G)

Zeljanica (Cheese & Spinach
Layered Pie) (G,So,Mk,E)
Lemon and Herb Couscous
(G,So,Mu)

Steamed Broccoli
Grilled Pitta Breads (G)

Extra
Hummus (G,Se,Mk)

★ ROAST ★

Roast Turkey
Cranberry Sauce
Roast Gravy

Sage & Onion Stuffing Balls (G)

Roast Potatoes

Steamed Duo of Cabbages
Roast Carrots

Extras
Yorkshire Pudding (G,Mk,E)

Cajun Spiced Chicken Enchiladas
(G,Mu,Mk)

Spicy Wedges (Mu)
and Chefs Salad

Extras
Cajun Corn on the Cob (Mu)

Layered Roasted Vegetable
Tomato Enchilada Pie (G,Mk)

Spicy Wedges (Mu)
And Chefs Salad

Extras
Cajun Corn on the Cob (Mu)

★ FISH & CHIP SHOP ★

Battered Fish Fillet (G,F)
Jumbo Sausage Roll (G,Su,So,Mk)
Sausage Dogs (G,Su,Se,Mu,E)

Vegetable Spring Roll with Sweet
and Sour Sauce (G,So)

Oven Baked Chips

Garden Peas
Mushy Peas
Baked Bean
Spicy Curry Sauce (Mk)
Chunky Tartare Sauce (E)
Ketchup and Lemon



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THU

FRI

Sancho Pollo
spiced Chicken
Burger
(G,Su,So,Mk,E)
with Coleslaw
(E)

Love Joes – Baja
Mexican Chicken
Burrito
(G)

Pulled Pork in a
Bun with
Chipotle Slaw
(G,So,Se,Mu,Lu,E)

Chicken Tikka
Masala with
Rice Pot

Peri Peri
Rubbed
Chicken Leg
with Sancho
Pollo Spicy
Rice
(G,E,Ce)

DESSERTS

MONDAY
Nutless Bakewell Tart with Custard
(G,So,Mk,E)

TUESDAY
Roasted Pineapple and Ginger Cake
(G,So,Mk,E)

WEDNESDAY
Banana Cake with Cream Cheese
Frosting (G,Mk,E)

THURSDAY
Lemon and Poppy Seed Pudding
(G,So,Mk,E)

FRIDAY
Sticky Toffee Pudding (G,Su,Mk,E)
with Toffee Sauce (Su,Mk)

From £1.15



Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with

Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

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