

LUNCHTIME CO.®

Commencing: 1st Nov, 22nd Nov, 13th Dec, 17th Jan, 7th Feb, 7th March, 28th March
Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

Beef & Seasonal Vegetables Pita served with Fresh Salad
(G) (W) (SO)

TACO TUESDAY
Taco with Beef, Salad and Cheese served with Baby New Potatoes
(G) (W) (MK)

Chicken and Salad Wrap served with Seasonal Vegetables
(G) (W)

Farm Assured Roast Turkey served with Potatoes, Seasonal Vegetables and Gravy
(G) (W) (F)

Cod Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
(G) (W) (F)

Meat Free

Classic Mac 'n' Cheese with Fresh Salad and Pita Slice
(G) (W) (MK)

TACO TUESDAY
Taco with BBQ Quorn, Salad and Cheese served with Baby New Potatoes
(G) (W) (B) (SO) (MK) (E) (C)

Jacket Potato served with Baked Beans, Grated Cheese or Vegetable Chilli served with Fresh Salad
(MK)

Mixed Bean & Vegetable Burrito served with Potatoes and Seasonal Vegetables
(G) (W) (MK)

Stir Fried Veggie Noodles
(G) (W) (E) (SO)

Packed Lunch

Cheese, Ham or Tuna Roll
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Wrap
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Baguette
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Roll
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Wrap
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Desserts

Choose One of Our Fabulous Desserts
Chocolate Sponge
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our Fabulous Desserts
Lemon Drizzle Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our Fabulous Desserts
Banana Cake & Custard
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our Fabulous Desserts
Pancakes & Fruit Compote
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (MK) (E)

Choose One of Our Fabulous Desserts
Berry Mousse
Fruit Yogurt & Coulis
Fresh Fruit
(MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

Hand Made Meat
Feast Pizza served
with Herby Diced
Potatoes and Coleslaw

(G) (W) (SO) (MK) (E)

Chicken Pasta served
with Seasonal
Vegetables

(G) (W) (MK)

Hot Dog in a Roll
served with Potato
Wedges, Seasonal
Vegetables and
Tomato Ketchup

(G) (W) (SU) (SO) (SE)

Farm Assured Roast
Chicken served with
Potatoes, Seasonal
Vegetables and Gravy

Battered Fish served
with Chips, Garden
Peas and Baked Beans
and Tomato Ketchup

(G) (W) (F)

Meat Free

Mediterranean
Vegetable and Tomato
Pasta with Seasonal
Vegetables and Garlic
Bread

(G) (W) (MK)

Vegetable Stir Fry
served with Rice

(SO)

Vegetable Lasagne
served with Garlic
Bread and Seasonal
Vegetables

(G) (W) (MK)

Vegetable Quesadilla
served with Potatoes
and Seasonal
Vegetables

(G) (W) (MK)

Pasta Twists with
Cheddar Cheese
Sauce Served with
Fresh Salad
and Fresh Bread

(G) (W) (MK)

Packed
Lunch

Cheese, Ham or Tuna
Roll
Fresh Salad and Fruit
and a choice of our
Dessert of the Day
(G) (W) (B) (MK) (SE)
(E) (F)

Cheese, Ham or Tuna
Wrap
Fresh Salad and Fruit
and a choice of our
Dessert of the Day
(G) (W) (B) (MK) (SE)
(E) (F)

Cheese, Ham or Tuna
Baguette
Fresh Salad and Fruit
and a choice of our
Dessert of the Day
(G) (W) (B) (MK) (SE)
(E) (F)

Cheese, Ham or Tuna
Roll
Fresh Salad and Fruit
and a choice of our
Dessert of the Day
(G) (W) (B) (MK) (SE)
(E) (F)

Cheese, Ham or Tuna
Wrap
Fresh Salad and Fruit
and a choice of our
Dessert of the Day
(G) (W) (B) (MK) (SE)
(E) (F)

Desserts

Choose One of Our
Fabulous Desserts
Chocolate Brownie
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our
Fabulous Desserts
Apple Sponge & Custard
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our
Fabulous Desserts
Berry Muffin
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our
Fabulous Desserts
Banoffee Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our
Fabulous Desserts
Strawberry Cheesecake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (SO) (MK)

Available every day:

A selection of fresh
vegetables and tasty salad

Delicious freshly
baked bread

Fruit platter and natural
yogurt with toppings



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Pasta Bolognese served with Seasonal Vegetables and Garlic Bread

(G) (W) (MK)

Beef burger in a Bun with Lettuce and Tomato

(G) (W) (SE)

Chicken Pasta served with Seasonal Vegetables

(G) (W) (MK)

Farm Assured Roast Beef with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy

(G) (W) (E) (MK)

Cod Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup

(G) (W) (F)

Main Meal

Hand Made Cheese and Tomato Pizza served with Herby Diced Potatoes and Coleslaw

(G) (W) (SO) (MK) (E)

Pasta with Onion, Red Peppers, Tomatoes in a Basil Pesto Sauce

(G) (W) (MK)

Jacket Potato served with Vegetable Curry and Grated Cheese served with Fresh Salad

(MK) (MU)

Vegetable Fajitas served with Chips, Garden Peas and Baked Beans and Tomato Ketchup

(G) (W)

Meat Free



Packed Lunch

Cheese, Ham or Tuna Roll
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Wrap
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Baguette
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Roll
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Cheese, Ham or Tuna Wrap
Fresh Salad and Fruit and a choice of our Dessert of the Day
(G) (W) (B) (MK) (SE) (E) (F)

Desserts

Choose One of Our Fabulous Desserts
Sticky Toffee Pudding
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our Fabulous Desserts
Carrot Cake
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our Fabulous Desserts
Ice Cream & Sauces
Fruit Yogurt & Coulis
Fresh Fruit
(MK)

Choose One of Our Fabulous Desserts
Bakewell Tart
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our Fabulous Desserts
Orange & Lemon Muffin
Fruit Yogurt & Coulis
Fresh Fruit
(G) (W) (E) (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

