LUNCH Week 3



W/C 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01, 08/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Cheese & Tomato Pizza (V)** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Sausage Dog** Simply sausage served in a soft finger roll.	**Roast Chicken** Oven-roasted chicken dinner	**BBQ Chicken Wrap** BBQ chicken and fresh salad rolled up in a soft tortilla wrap.	**Fish Fingers** Golden crispy crumb coated fish sticks.
MAIN 2 CARB	**Cheesy Garlic Flatbread (V)** Homemade wholemeal pizza base topped with rich garlic butter and cheese.	**Veggie Dog (VE)** Plant-based sausage served in a soft finger roll.	**Veg Tacos (VE)** Fresh vegetables in a spiced tomato sauce, served on a soft flour tortilla.	**Hot Veggie Wrap (VE)** Fresh vegetables & chickpeas, spiced with cumin, wrapped up with a mint chutney.	**Crispy Quorn Nuggets (VE)** Crispy golden nuggets made from vegetables, coated in breadcrumbs.
VEG	Tomato Pasta Salad	Potato Wedges	Skin on Roasties	Lemon and Herb New Potatoes	Chips
3RD OPTION	Peas and Sweetcorn	BBQ Beans	Cabbage and Carrots	Garlic Roasted Broccoli	Baked Beans / Peas
	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli
DESSERT	Chocolate Swirl Shortbread (VE) (New)	Coconut and Lime Cake (VE)	Autumn Fruit Sponge (V)	Apple & Cinnamon Pinwheel (V)	Ice Cream (V)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE).