Lunch

WEEK ONE – AUTUMN WINTER

(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Homemade Macaroni Cheese with Crispy Fried Onions	Homemade Beef & Vegetable Pastry Pie	Traditional Pork Sausage Toad in the Hole & Onion Gravy	Smoky BBQ Chicken & Vegetable Burrito	Sustainably Sourced Battered Fish & Chips
MEAT	Smoky Mexican Five Bean Tart	Butternut Squash & Cauliflower Curry with Rice (ve)	Cheese & Onion Puff Pastry Roll & Oven Baked Wedges	All Day Breakfast Quorn Sausage Burrito (ve)	Cheese & Tomato Pizza & Chips
ĞRAB & GO+	Thai Spiced Massaman Aubergine Curry & Rice	Currywurst Quorn Sausages (ve)	Wholegrain Pizza Panini	Aubergine Shawarma Flatbreads	Pepperoni Pizza & Chips
	Broccoli, Sweetcorn, Baked Beans, Coleslaw Salad, Mixed Salad	Mashed Potato, Rice, Mixed Vegetables, Baked Beans, Mixed Salad	Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Salad	Potato Wedges, Green Beans, Baked Beans, Mixed Salad	Peas, Baked Beans, Mixed Salad
HOT	Hearty Apple Crumble (ve)	Golden Syrup Sponge (ve) with Custard	Homemade Jam Sponge (ve)	Marble Sponge Cake (ve) with Custard	Giant Chocolate Cookie (ve)

JDBCO.



Source of Wholegrain



Oily Fish

5

JDBCO.

Lynch

WEEK TWO - AUTUMN WINTER

(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Homemade Macaroni Cheese with Crispy Fried Onions	Chinese Style Chicken Meatballs & Rice	Roast Gammon with Gravy	Caribbean Jerk Chicken with Rice & Peas	Sustainably Sourced Battered Fish & Chips
MEAT	Homemade Plant-Based Cottage Pie	Buffalo Coated Roast Cauliflower Tortilla with Pickled Red Cabbage Slaw	Mexican Vegetable Tostada with Spicy Mixed Peppers, Tomatoes & Beans	Cheese & Onion Puff Pastry Roll & Oven Baked Wedges	Cheese & Tomato Pizza & Chips
ĞRAB & GO+	Tomato & Basil Pasta Pot (ve)	Homemade Falafel, Salad & Tomato Salsa Greek Wrap (ve)	American Style Loaded Cheese, Pepperoni & Jalapeno Tart	Classic Pasta Primavera with Seasonal Vegetables (ve)	Pepperoni Pizza & Chips
	Peas, Roasted Cumin Carrots, Baked Beans, Mixed Salad	Green Beans, Sweetcorn, Baked Beans, Mixed Salad	Thyme Roasted Potatoes, Savoy Cabbage, Carrots, Baked Beans, Mixed Salad	Sweetcorn, Garden Peas, Baked Beans, Mixed Salad	Peas, Baked Beans, Mixed Salad
HTPUDS	Chocolate Shortbread (ve)	Banana Sponge (ve) & Custard	Lemon Drizzle Cake (ve)	Marble Sponge (ve) & Custard	Iced Vanilla Sponge (ve)





Contains

TDBCO.

WEEK THREE – AUTUMN WINTER

(Ve) vegan option

Lynch

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Indian Spiced Butternut Squash, Aubergine & Chickpea Dhansak Curry & Rice (ve)	Piri Piri Chicken & Sweetcorn Meatballs & Rice	Beef & Root Vegetable Mince & Gravy, Yorkshire Pudding	Sticky Hoi Sin Chicken with Edamame Beans & Rice	Sustainably Sourced Battered Fish & Chips
MEATFREE	Homemade Cheese, Potato & Onion Pie	Italian Style Quorn Bolognaise with Penne Pasta	Quorn & Root Vegetable Mince & Gravy, Yorkshire Pudding	Homemade Indian Spiced Onion Bhaji Burger (ve)	Cheese & Tomato Pizza & Chips
ĞRAB & GOP	Green Pesto Penne Pasta	Cajun Style Dirty Vegetable Rice (ve)	Thai Green Vegetable Curry & Rice (ve)	Turkish Lentil Kofte Wrap with Tzatziki Dressing	Pepperoni Pizza & Chips
	Cajun Wedges Mixed Vegetables, Baked Beans, Mixed Salad	Carrot & Swede, Green Beans, Baked Beans, Mixed Salad	Thyme Roasted Potatoes, Carrots, Peas, Baked Beans, Mixed Salad	Carrots, Cauliflower, Baked Skin on Wedges, Baked Beans, Mixed Salad	Chips Mushy Peas, Peas Baked Beans, Mixed Salad
H PUDS	Homemade Oaty Flapjack (ve)	Vanilla Sponge (ve) & Custard	Homemade Lemon Drizzle Cake (ve)	Chocolate Sponge (ve) & Chocolate Sauce	Giant Chocolate Cookie (ve)



Source of Wholegrain

5 Oily Fish

Contains

planet-based proteins