



LUNCHTIME CO

WEEK ONE MENU

WEEKS COMMENCING:
• 3RD SEP • 24TH SEP • 15TH OCT

NUTRITIONALLY
PACKED

All our menus are nutritionally
analysed to ensure they
meet and exceed The School
Food Plan.

WE BUY
LOCAL

We use local suppliers because
we only use food we can trust which
is of a high standard, properly
produced, fresh and good value.

MEAT
FREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia	Freshly baked ciabatta bread	Freshly baked sunflower seed bread	Freshly baked garlic & herb bread
Main Choice 1	Quorn pasta bolognese served with grated cheese & spaghetti	Pork sausages with mashed potato	Beef lasagne	Roast beef with roast potatoes and yorkshire pudding	Fish fingers & chips with tomato ketchup
Main Choice 2	Roasted vegetable risotto	Penne pasta with tomato and basil sauce	Vegetable stew served with rice	Vegetarian sausage with roast potatoes	Aubergine pepper and mozzarella pasta bake
Available every day	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads
Desserts	Eves pudding with custard Sliced fresh fruit	Marble cake Sliced fresh fruit	Sticky Toffee Pudding Sliced fresh fruit	Iced Vanilla Sponge Sliced fresh fruit	Jelly and Ice Cream Sliced fresh fruit

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •
All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE



LUNCHTIME CO

WEEK TWO MENU

WEEKS COMMENCING:
• 10TH SEP • 1ST OCT

NUTRITIONALLY
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**MEAT
FREE** 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked garlic bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread
Main Choice 1	Cheese and tomato pizza	BBQ Chicken with new potatoes	Mediterranean lamb & couscous	Roast pork, roast potatoes & yorkshire pudding	Battered fish & chips with tomato ketchup
Main Choice 2	Roasted vegetable pizza	Cheese & tomato quiche	Creamy macaroni cheese with leeks	Chick pea & lentil ragu with rice	Vegetable wrap
Available every day	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads
Desserts	Apple crumble & custard Sliced fresh fruit	Flapjack Sliced fresh fruit	Fruit Cookie Sliced fresh fruit	Fudge Tart Sliced fresh fruit	Chocolate sponge cake & chocolate sauce Sliced fresh fruit

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LUNCHTIME CO

WEEK THREE MENU

WEEKS COMMENCING:
• 17TH SEP • 8TH OCT

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**MEAT
FREE** 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread	Freshly baked garlic bread
Main Choice 1	Macaroni cheese	Jerk chicken with rice & peas	Beef burger in a bun with lettuce & tomato	Roast chicken with roast potatoes and yorkshire pudding	Fish and chips
Main Choice 2	Vegetable sausage in a tomato & garlic sauce with penne pasta	Moroccan chickpea and vegetable ragout	Vegetable lasagne with garlic bread	Broccoli & tomato pasta bake with melted cheese	Cheese cauliflower & broccoli bake
Available every day	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads	Seasonable vegetables Selection of salads
Desserts	Apple & berry sponge with custard Sliced fresh fruit	Bakewell tart with custard Sliced fresh fruit	Chocolate and orange brownie Sliced fresh fruit	Jam sponge with custard Sliced fresh fruit	Shortbread biscuit Sliced fresh fruit

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