



# COMING THIS TERM

“Bean” around the World Tasting  
Table Thursday 29<sup>th</sup> January

Chinese New Year Festival  
Celebrations Friday 27<sup>th</sup> February

National Pizza Day  
Monday 9<sup>th</sup> Feb

Peter Pan Themed World Book Day  
Thursday 5<sup>th</sup> March

Valentines Day  
Friday 13<sup>th</sup> February

Easter Theme Day Thursday 26<sup>th</sup>  
March

Week beginning:  
Monday 5<sup>th</sup> January  
Monday 26<sup>th</sup> January

# LUNCH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CRUDITÉ'S, SMOOTHIES &amp; SALADS</b>	Smoothie Bar	Roasted butternut, rocket & feta salad	Tomato & Basil soup with freshly baked bread	Cucumber, carrots & sweetcorn	Honey mustard Broccoli salad
<b>MAIN MEAL</b>	Baked gnocchi with a roasted tomato, red lentil & pesto sauce	Spaghetti with pork meatballs marinated in a rich Italian tomato & basil sauce with added plant proteins	Beef Chilli con carne	Lemon & garlic grilled chicken	Birdseye omega 3 pollock fishfingers Or BBQ chicken drumsticks
<b>MAIN MEAL</b>	Or Jacket potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Moving Mountains vegan meatballs in a rich Italian tomato & basil sauce	Eat-curious plant based mince, chickpea & bean chilli	Panko coated grilled halloumi & roasted vegetables	Moving Mountains fishless fingers
<b>ON THE SIDE</b>	Garlic bread Steamed garden peas & roasted butternut	Spaghetti Steamed broccoli & carrots	Brown rice Taco chips Sweetcorn salsa Guacamole & sour cream	Roasted new potatoes Gravy Yorkshire pudding Steamed Carrots & green beans	Chunky chips  Mushy peas or homemade Louisiana baked beans
<b>JACKET/PASTA</b>	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese or tuna & sweetcorn	Jacket Potato with baked beans, mature cheddar cheese or Chilli con carne	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
<b>DESSERT</b>	Selection of ice creams	Fresh fruit, yoghurt & smoothie bar	Seasonal British apple, pear & Rhubarb crumble with custard	Black bean & chickpea chocolate brownie	Boost-it flapjack
<b>Everyday</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				

Week beginning:  
Monday 12<sup>th</sup> January  
Monday 2<sup>nd</sup> February

# LUNCH

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SMOOTHIES & SALADS	Tomato & basil soup with homemade focaccia	Honey & mustard broccoli salad	Rainbow sambals (cucumber, tomato, carrot salad) Tandoori roasted cauliflower & chickpea salad	Spinach pesto & sunflower seed pasta salad	Carrot sticks, cucumber and cherry tomatoes
MAIN MEAL	Macaroni & cheese topped with a mature British cheddar crust or Farfalle pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Traditional British pork  or chicken sausages	Chicken Tikka Masala	Classic Italian beef, lentil & vegetable bolognaise	MSC certified pollock fishfingers  Or MSC Certified Roasted Salmon
MAIN MEAL		Quorn Best of British sausages	Sweet potato, lentil & chickpea curry	Spiced Eat Curious plant based mince, lentil & vegetable Bolognaise	Moving Mountains vegan fishless fingers
ON THE SIDE	Sweet potato wedges Sweetcorn & broccoli	Creamy mashed potato Sticky baked carrots & garden peas Rich gravy	Mango chutney Basmati rice Naan Indian Saag made with spinach	Spaghetti Garlic bread Sweetcorn & carrots	Chunky chips  Mushy peas or baked beans
JACKET/PASTA	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese	Jacket potato with baked beans & cheese
DESSERT	Selection of ice-creams	Fresh fruit, yoghurt & smoothie bar	Chocolate chip cookie	Italian Tiramisu	Traditional British Sticky Toffee pudding with custard
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				



Week beginning:  
Monday 19<sup>th</sup> January  
Monday 9<sup>th</sup> February

# LUNCH

Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CRUDITÉ'S,  
SMOOTHIES  
& SALADS**

Tomato & basil soup  
with homemade  
focaccia

Roasted butternut & green  
bean salad

Honey mustard broccoli  
salad

Soy & ginger noodles, cherry  
tomatoes, cumber & carrots

Roasted kale, sunflower  
seed & parmesan salad

**MAIN MEAL**

Cheesy margarita pizza  
with a lentil & chickpea  
tomato base

**Taco Tuesday**  
Fajita spiced Chicken strips  
With rainbow peppers

Ginger & soy marinated  
beef & stir-fried vegetables

Lemon & Thyme marinated  
roasted Chicken thigh

Birdseye omega 3 pollock  
fishfingers

Or

Homemade battered cod

**MAIN MEAL**

Eat-Curious plant  
based protein &  
vegetable Keema pie

Fajita spiced vegan strips with  
rainbow peppers

Eat-curious plant based  
protein & vegetable stir-fry

Vegetable Roast

Moving mountains fishless  
fingers

**ON THE SIDE**

Steamed green beans &  
baked butternut squash

Steamed rice  
Guacamole & sour cream  
Broccoli & sweetcorn  
Soft tortilla wrap

Egg noodles  
  
Stir-fried pak choi, carrots,  
peppers & beansprouts

Crispy Roast Potatoes  
Yorkshire pudding  
Braised Kale, Carrots &  
sweetcorn

Chunky chips  
  
Mushy peas or baked  
beans

**JACKET/PASTA**

Jacket potato with a  
choice of tuna &  
sweetcorn or baked  
beans and mature  
cheddar cheese

Pasta with a choice of rich  
tomato, lentil, vegetable &  
basil sauce & Mozzarella  
cheese

Jacket potato with a choice  
of tuna & sweetcorn, baked  
beans & mature British  
cheddar cheese

Pasta with a choice of rich  
tomato, lentil, vegetable &  
basil sauce & mozzarella  
cheese

Jacket potato with baked  
beans & cheese

**DESSERT**

Selection of ice creams

Fresh fruit, yoghurt &  
smoothie bar

Boost-it carrot cake

Blueberry or chocolate  
muffins

Traditional South African  
Malva pudding with  
custard

**EVERY DAY**

**SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT**