

LUNCH WEEK 1 MENU



MAIN EVENT

MONDAY
Chicken & Vegetable
Meatballs in Tomato
Sauce with Pasta
Twirlers

TUESDAY
Mild Chicken Curry
with Whole Grain
Rice

WEDNESDAY
Sausages with
Mashed Potatoes
and Gravy

THURSDAY
BBQ Drizzle Pizza
with Baked Potato
Wedges

FRIDAY
Golden Fish Fingers
or Salmon Fingers
with Chips



MEAT-FREE MAGIC Vegetarian Dish

Sweet Chilli
Vegetable Stir Fry
with Whole Grain
Rice

Cheesy Broccoli
Pasta Bake

Homemade Cheese
and Leek Sausages
with Mashed
Potatoes and Gravy

Tarka Dhal Curry
(Veggie Lentil Curry)
with Whole Grain
Rice

Pizza
Margherita
with Chips



RAINBOW ALLEY Vegetables and Salads

Mixed Salad

Green Beans

Broccoli

Peas

Baked Beans

Daily salad bowl and freshly baked bread available every day



PASTA TWIRLER Topped Pasta

Hot Pasta topped with Homemade Tomato Sauce



BIG TOPPING Filled Jacket

Crispy Skin Jacket Potatoes
with Cheese or Beans



DESSERT TROLLEY Pudding

Toffee
Sponge and Custard

Jelly &
Fruit Slices

Tropical Pineapple
Crumble and
Custard

Orange
Cookie

Vanilla
Ice Cream

Cut fruit, yoghurt and jelly available every day

FOOD FESTIVAL

By Aspens

Autumn/Winter 2023/2024:
11/9, 2/10, 23/10, 13/11, 4/12, 25/12, 15/1, 5/2

LUNCH WEEK 2 MENU



MAIN EVENT

MONDAY
Toad in the Hole
Oven Baked Wedges

TUESDAY
Chicken Fajita
Wholegrain Rice

WEDNESDAY
Minced Beef and
Onion Pie with Mash

THURSDAY
Chicken
Chow Mein
(Noodles)

FRIDAY
Golden Fish
Fingers
with Chips



MEAT-FREE MAGIC Vegetarian Dish

Cauliflower Cheese
Oven Baked Wedges

Veggie Nachos with
Cheese
Wholegrain Rice

Super Veggie Pie
Vegetable, Lentil and
Onion Pie with Mash

Mexican Bean Wrap
with Whole Grain
Rice

Cheesy Sweetcorn
Pizza
with Chips



RAINBOW ALLEY Vegetables and Salads

Green Beans

Green Salad

Carrots

Sweetcorn

Baked Beans

Daily salad bowl and freshly baked bread available every day



PASTA TWIRLER Topped Pasta

Hot Pasta topped with Homemade Tomato Sauce



BIG TOPPING Filled Jacket

Crispy Skin Jacket Potatoes
with Cheese or Beans



DESSERT TROLLEY Pudding

Banana Sponge
Cake and Custard

Jammy Crumble
Bars

Apple Crumble and
Custard

Orange
Jelly

Vanilla
Ice Cream

Cut fruit, yoghurt and jelly available every day

LUNCH WEEK 3 MENU



MAIN EVENT

MONDAY
BBQ Chicken with
Baked Potato
Wedges

TUESDAY
Tomato & Roasted
Vegetable Pasta
Bake

WEDNESDAY
Roast Gammon
with Roast Potatoes
and Gravy

THURSDAY
Pizza Day!
Veggie Supreme
Pizza with Baked
Potato Wedges

FRIDAY
Golden Fish
Fingers
with Chips



MEAT-FREE MAGIC Vegetarian Dish

Vegetarian
Shepherd's Pie

Mixed Vegetable
Korma with
Whole Grain Rice

Baked
Mac n Cheese

BBQ Drizzle
Pizza with Baked
Potato Wedges

Golden Vegetable
Fingers
with Chips



RAINBOW ALLEY Vegetables and Salads

Green Beans

Broccoli

Carrots

Peas

Baked Beans

Daily salad bowl and freshly baked bread available every day



PASTA TWIRLER Topped Pasta

Hot Pasta topped with Homemade Tomato Sauce



BIG TOPPING Filled Jacket

Crispy Skin Jacket Potatoes
with Cheese or Beans



DESSERT TROLLEY Pudding

Watermelon
Wedge

Chocolate Crunch
and Custard

Oaty Apple
Crunch Slice

Strawberry
Jelly

Vanilla
Ice Cream

Cut fruit, yoghurt and jelly available every day