

Lunch Menu.

WEEK ONE – AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



STAR DISH

MEAT FREE






































GRAB & GO

PET 'N' TASTY

WRAP OR SUB

SIDES

TODAY'S DESSERTS

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V)  £1.90	Lamb Chilli Con Carne & Fiesta Rice (H)  £1.90	Roast Gammon with Gravy & Roasties  £1.90	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice (H)  £1.90	Sustainably Sourced Battered Fish & Chips or pork Sausage & Chips £2.50 
	Tomato Pasta Bake (Ve)  	Chilli Sin Carne & Fiesta Rice (Ve)   	Quorn Sausage Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice   	Cheese & Tomato Pizza & Wedges/Chips   £2.20
	Vegan Sausage Roll (Ve) 	Pizza £1.10	Pizza £1.10	Sausage Roll £1.40	Wedges/Chips £1.10
	Tomato & Basil Pasta Or Chicken Noodles with sauce £1.90	Tomato pasta pot Or Chicken Noodles with sauce £1.90	Tomato pasta pot Or Chicken Noodles with sauce £1.90	Tomato pasta pot Or Chicken Noodles with sauce £1.90	Pasta Arrabbiata  £1.90
	Chicken Wrap Assorted Flavours £1.90	Chicken Wrap Assorted Flavours £1.90	Chicken Wrap Assorted Flavours £1.90	Chicken Wrap Assorted Flavours £1.90	
	Baked Beans    Broccoli  60p	Baked Beans    Fajita Roasted Sweetcorn & Peppers  60p	Baked Beans    Mixed Vegetables  60p	Baked Beans    Wedges	Baked Beans    Peas  60p
	Assorted choices	Assorted choices	Assorted choices	Assorted choices	Assorted choices

Slow-Release Energy Foods



For a Healthy Gut



Brain Boost



Contains Calcium



Contains Iron



Contains Protein

