FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c 14th Dec



MEAT FREE MONDAY		WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable & Lentil Soup	Christmas Dinner Day	Chef Choice Soup	Chef Choice Soup	
2 Veggie Wholemeal Spaghetti Bolognese with Salad & Garlic Bread		Sausage Rolls and Wedges	Chef Choice Curry with Wholemeal Rice	Fish Fingers or Fish Cakes with Chips
2 Welsh Rarebit		Vegetable or Cheese Omelette	Cheese & Tomato Toasties with Salad	Vegetarian Sausage Roll with Chips & Mushy Peas
3 Pineapple & Coconut Sponge		Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				



Christmas Roast Dinner with all of the trimmings

KEY

- Vegetarian
- Vegan
- Oily Fish
- Cookery Coach Recipe

Please speak to a member of staff about dietary requirements and scan the QR code for our allergen matrix.

All menus are checked by a nutritionist and adhere to School Food Standards.

