[Click HERE to see Free School Meal Information]

FOOD FOR THOUGHT
GOOD FOOD CULTURE

Lunch Menu

w/c
9th Nov



	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Vegetable & Lentil Soup	Chef Choice Soup	Garden Pea Soup	Chef Choice Soup	
2	Tomato & Basil Wholemeal Pasta Bake with Salad & Garlic Bread	Homemade Spanish Chicken with Wholemeal Rice & Green Beans	Sausage & Homemade Mash with Gravy & Peas	Homemade Scouse with Crusty Bread & Pickled Beetroot	Homemade Battered Fish or Fishcake with Chips & Garden Peas
	Meat Free Burritos	Roasted Pepper & Cheese Tomato Quiche	Singapore Noodles	Vegetable & Cheese Quesadillas	Veggie Burger in a Bun with Chips & Garden Peas
3	Fresh Fruit Salad & Yoghurt	Fresh Fruit & Yoghurt	Flapjacks or Apple & Oat Crumble with Cream	Fresh Fruit & Yoghurt	Cheese & Crackers, Fresh Fruit & Yoghurt
	Chef's Special, Jacket Potatoes with Tuna, Cheese or Hummus & Salad, Fresh Fruit & Yoghurt				

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.

