

Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MEAL	Pasta Bolognese OR Vegetable Pasta in Tomato Sauce Served with Diced Potatoes and Assorted Vegetables	Chicken Burger OR Vegetable Spring Rolls Served with Potato Wedges and Assorted Vegetables	Mixed Grill A choice of Bacon, Sausage, Black Pudding, Tomatoes, Omelette, Hash Browns and Baked Beans	Pepperoni Pizza OR Cheese Pizza Served with Sweet Potato Wedges and Vegetables	Fish Goujons OR Cheese and Onion Pie Served with a choice of Chips and Peas
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MEAL	Carbonara OR Vegetable Nuggets Served with Potato Waffles and Vegetables	Sausage and Mash OR Glamorgan Cheese and Leek Sausages Served with Gravy and Assorted Vegetables	Roast Chicken Dinner OR Vegetable Fillets Served with a choice of Roast/Mashed Potatoes and Assorted Vegetables	Chilli Con Carne OR Vegetable Chilli Served with a choice of Rice and Tacos	Scampi OR Vegetable Curry with Rice Served with a choice of Chips and Peas
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MEAL	Lamb and Mint Pie OR Vegetable and Cheese Pasta Served with Mash and Assorted Vegetables	Chicken Curry OR Vegetable Samosas Served with Mixed Rice and Assorted Vegetables	Cottage Pie OR Vegetable Pie Served with Potato Wedges and Assorted Vegetables	Sweet and Sour Chicken OR Sweet and Sour Vegetables Served with a choice of Noodles or Rice	Fishcake OR Vegetable Spring Rolls Served with a choice of Chips and Peas

Vegetarian/Vegan, Gluten free and Halal options available for all main meals

Everyday Lunch Option -

Chicken Goujons and Sausage Rolls. Sandwich with a filling of either ham, tuna or cheese. Jacket Potato with a filling of either tuna, cheese or baked beans.

Each day there is a cold salad bar available with a wide variety of healthy options that students can help themselves to.

Fruit – A variety available daily. A choice of pudding will be available each day, examples below –

Ice-cream pot, iced finger, cookie, school cake, yoghurt, scones with jam and cream, flapjacks.