

Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MEAL	Wholegrain Pasta Bolognaise (M) OR Vegetable Pasta (L)	Beef or Chicken Burger (H) OR Vegetable Bake (M)	Chicken Korma (M) OR Vegetable Samosa (M)	Picnic Bag Day <i>Sandwich, Crisps, Sausage Roll, Fruit, Cereal Bar and Water</i> (M) (H)	Fish Pie (L) OR Glamorgan Sausage (L)
	Served with Potatoes and Assorted Vegetables	Served with Potatoes and Assorted Vegetables	Served with Wholegrain Rice and Assorted Vegetables		Served with Potatoes and Assorted Vegetables
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MEAL	Meat Feast Pizza (H) OR Cheese and Tomato Pizza (H)	Omelette (M) <i>Ham, Vegetable, Cheese</i>	Chicken Lasagne (L) OR Vegetable Lasagne (L)	Picnic Bag Day <i>Sandwich, Crisps, Sausage Roll, Fruit, Cereal Bar and Water</i> (M) (H)	Fishcake (L) OR Vegan Nuggets (L)
	Served with Potatoes and Assorted Vegetables	Served with Potatoes and Assorted Vegetables	Served with Potatoes and Assorted Vegetables		Served with Mash and Peas
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
HOT MEAL	Chicken Goujons (M) OR Vegetable Spring Roll (H)	Tandoori Chicken Pitta with Dry Slaw (L) OR Vegetable Sausage (L)	Crustless Quiche (L) <i>Ham, Vegetable, Cottage Cheese</i> OR Macaroni and Cheese (H)	Picnic Bag Day <i>Sandwich, Crisps, Sausage Roll, Fruit, Cereal Bar and Water</i> (M) (H)	Cod in Parsley Sauce (L) OR Cauliflower Cheese (M)
	Served with Potatoes and Assorted Vegetables	Served with Potatoes and Assorted Vegetables	Served with Potatoes and Assorted Vegetables		Served with Potatoes and Assorted Vegetables

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, fruit pots, yoghurt, rice pots.