

Lunch Menu

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