



# LUNCH

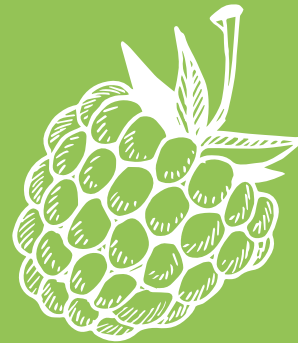
Week  
Commencing

24 April

22 May

26 June

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Cucumber & rice cakes	Peppers & homemade biscuits	Celery & energy bites	Carrots & homemade cookies	Cucumber & rice cakes
<b>MAIN COURSE ONE</b>	Three cheese gnocchi	Mince lamb kebabs	Hunters chicken	Beef lasagne	Fish finger
<b>MAIN COURSE TWO</b>	Jacket potato, tuna, cheese, bean chilli	Falafel with grilled pitta and tzatziki	Quorn hunter	Vegetable and lentil lasagne	Vegetable burger
<b>ON THE SIDE</b>	Chefs salad, summer greens	Roast potatoes, carrots, greens	Creamy mash potato, leek and green cabbage, peas	Parmenter potatoes, green beans	Herby new potatoes, peas, baked beans
<b>BREAD</b>	Herbed bloomer	Homemade bread	Focaccia	Garlic bread	Homemade bread
<b>DESSERT</b>	Apple crumble and custard	Yoghurt	Rice pudding and jam sauce	Seasonal fruit	Victoria sponge
<b>RAINBOW AM</b>	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit
<b>RAINBOW PM</b>	Choice of cheese or cucumber sandwiches with fruit	Cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit





# LUNCH

Week  
Commencing

1 May

5 June

3 July



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Cherry tomatoes & cookies	Cucumber & shortbread	Cucumber & rice cake	Peppers, tomatoes & energy bites	Carrots & biscuits
<b>MAIN COURSE ONE</b>	Penne with a vegetable tomato sauce	Kids: Pork chipolatas Staff: Cumberland sausages with gravy	Chicken Korma	BBQ Pulled pork	Kids: Fish fingers Staff: Pesto-cruste fish on a bed of sautéed veg
<b>MAIN COURSE TWO</b>	Vegetable frittata	Vegan sausages	Chickpea and butter bean curry	Vegetable cheese puffs Spinach, chestnut mushroom and vegan feta puffs	Sweet potato, spinach and mixed bean burger
<b>ON THE SIDE</b>	Cheese, sweetcorn, peppers	Chive mash, peas	Rice, broccoli, marinated roasted carrots	Noodles, sautéed leeks	Chunky chips, baked beans, peas
<b>BREAD</b>	Herbed Bloomer	Homemade Bread	Focaccia	Tomato & olive bread	Homemade bread
<b>DESSERT</b>	Rice Krispy cake	Mixed seasonal fruits	Jam and coconut sponge with custard	Jelly fruit pots	Lemon drizzle
<b>RAINBOW AM</b>	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit
<b>RAINBOW PM</b>	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit



# LUNCH

Week  
Commencing

8 May

12 June

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Cucumber & rice cakes	Carrots & shortbread	Celery & rice cakes	Carrot & energy bites	Cucumber & biscuits
<b>MAIN COURSE ONE</b>	Wholemeal penne with tomato and basil sauce	Ginger herbed chicken	Roast gammon with gravy	Beef Rogen Josh	Jumbo fish fingers
<b>MAIN COURSE TWO</b>	Vegetable and bean enchiladas	Vegetable and chickpea bake	Roast vegetable Wellington	Sweet potato and lentil Dhal	Margarita pizza
<b>ON THE SIDE</b>	Carrots, roasted courgettes	Pak Choi, cabbage, sweetcorn	Buttered new potatoes, sautéed greens, honey roasted carrots	Mashed potatoes	Chips, peas, baked beans
<b>BREAD</b>	Garlic bread	Homemade bread	Focaccia	Naan bread	Homemade bread
<b>DESSERT</b>	Apple and banana crumble with custard	Yoghurt pot	Jelly	Fruit pot	Iced vanilla sponge
<b>RAINBOW AM</b>	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit
<b>RAINBOW PM</b>	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit



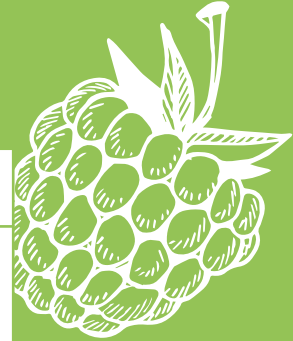


# LUNCH

Week  
Commencing

15 May

19 June



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Cucumber & rice cakes	Peppers & shortbread	Celery & energy bites	Cucumber & cookies	Carrots & rice cakes
<b>MAIN COURSE</b>	Tri-colour fusilli with sweet pepper tomato sauce	Roast turkey with gravy	Garlic paprika chicken	Beef and lentil chili con carne	Fish finger served with lemon and tartare sauce
<b>MAIN COURSE TWO</b>	Jacket potato, tuna, cheese, bean chilli	Roast vegetable roll	Vegetable quesadillas	Mushroom, spinach and lentil con carne	Sweet potato falafels
<b>ON THE SIDE</b>	Cheese, peas and sweetcorn	Roast potatoes, carrots, greens	Sweet potato wedges, green beans	Rice, herbed carrots, sweetcorn	Fries, baked beans, peas
<b>BREAD</b>	Herbed bloomer	Homemade bread	Focaccia	Tomato & olive bread	Homemade bread
<b>DESSERT</b>	Apple crumble with custard	Fruit pot	Pineapple upside-down cake and custard	Yoghurt pot	Carrot cake
<b>RAINBOW (AM)</b>	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit	Choice of Rice Krispies, Weetabix or cornflakes, with fruit
<b>RAINBOW (PM)</b>	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit	Choice of cheese or cucumber sandwiches with fruit