

LUNCH menu

WEEK ONE - AUTUMN WINTER

(V) vegetarian option

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V)	Chilli Con Carne & Fiesta Rice	Roast Chicken, Roasties & Gravy	Lasagne and Garlic Bread	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips
Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve)	Chilli Sin Carne & Fiesta Rice (Ve)	Roast Quorn, Gravy & Roasties	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice	Cheese & Tomato Pizza & Chips
Tomato & Basil Pasta	Sweet Chilli Chicken Pasta	Chicken Tikka & Steamed Rice	Sweet & Sour Chicken Noodles	Pasta Arrabbiata
Hot Pizza Baguette Loaded Fries POD	Chicken Burger & Wedges ½ Pizza Baguette & Wedges POD	Piri Piri Chicken wrap & Wedges 1/2 Pizza Baguette & Wedges POD	Mediterranean Chicken Baguette 1/2 Pizza Baguette & Wedges POD	Popcorn chicken & chips 1/2 Pizza Baguette & Wedges POD
Baked Beans Broccoli Mixed Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Mixed Salad	Baked Beans Mixed Vegetables Mixed Salad	Baked Beans Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans Peas Mixed Salad
Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard	Giant Chocolate Cookie	Apple Crumble & Custard



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	Tuesday	Wednesday	Thursday	Friday	
STAR DISH	Cheese & Tomato Mac 'n' Cheese (V) with Garlic Bread	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa	Grilled Chicken Sausages, Gravy & Roasties or Mash(H)	Thai Chicken & Vegetable Curry Mixed Rice	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips
MEAT FREE	Buffalo Burrito (Ve)	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V)	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy	Thai Vegetable Curry Mixed Rice (Ve)	Cheese & Tomato Pizza & Chips (V)
POT 'N' TASTY	Vegetable Tikka & Mixed Rice	Beef Bolognese Pasta Pot	Chicken Jalfrezi & Steamed Rice	Veggie Pasta Pot	Tomato & Basil Pasta
WRAP OR SUB	Hot Pizza Panini Loaded Fries POD	Chicken burger & Wedges 1/2 Pizza Baguette & Wedges POD	Piri Piri Chicken wrap & Wedges 1/2 Pizza Baguette & Wedges POD	Mediterranean Chicken Baguette 1/2 Pizza Baguette & Wedges POD	Popcorn Chicken & chips 1/2 Pizza Baguette & Wedges POD
SIDES	Baked Beans Green Beans Garden Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Garden Salad	Baked Beans Seasonal Mixed Vegetables Garden Salad	Baked Beans Asian Slaw, Garlic Green Beans Garden Salad	Baked Beans Peas Garden Salad
TODAY'S DESSERTS	Lemon & Blueberry Slice & Custard	Baked Chocolate Cup	Baked Vanilla Sponge & Custard	Cornflake Cake	Giant Chocolate Cookie



LUNCH menu

WEEK THREE - AUTUMN WINTER

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SOCIETY ST eat, drink, together
KITCHEN

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Spanish Omelette & Pepper & Tomato Sauce & Garlic Bread (V)	Chicken & Vegetable Enchilada, Savoury Rice	Cottage Pie & Gravy	Chicken Korma with Mixed Rice	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips
MEAT FREE	Veggie Bolognese Pasta Bake (V)	Mexican Vegetable Stew & Baked Tortilla (Ve)	Classic Mac 'n' Cheese, Cheesy Herb Crumb (V)	Roasted Cauliflower & Sweet Potato Curry, Gunpowder Potatoes (Ve)	Cheese & Tomato Pizza & Chips (V)
POT 'N' TASTY	Vegetable Tikka Masala & Rice	Tomato & Basil Pasta Pot	Sweet & Sour Chicken Noodles	Arrabbiata Pasta Pot	Beef Bolognese Pasta Pot
WRAP OR SUB	Hot Pizza Panini Loaded fries POD	Chicken Burger & Wedges 1/2 Pizza Baguette & Wedges POD	Piri Piri Chicken Wrap & Wedges 1/2 Pizza Baguette & Wedges POD	Mediterranean Chicken Baguette 1/2 Pizza Baguette & Wedges POD	Popcorn chicken & chips 1/2 Pizza Baguette & Wedges POD
SIDES	Baked Beans Garlic Green Beans Garden Salad	Baked Beans Roasted Sweetcorn Wedges, Garden Salad	Seasonal Mixed Vegetables Garden Salad	Baked Beans Steamed Broccoli	Baked Beans Peas Mixed Salad
TODAY'S DESSERTS	Flapjack	Marble Chocolate Sponge & Custard	Jammie Cookie Cup	Iced Orange & Ginger Traybake	Homemade Lemon Drizzle Cake

Slow-Release Energy Foods



For a Healthy Gut



Brain Boost



Contains Calcium



Contains Iron









Contains Protein



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