

Lunch Menu

WEEK ONE

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Vegetable Quesadilla with Warm Nachos (V)	Chilli Con Carne with Yucatean Rice	Roast Gammon, Gravy, Vegetables & Roasties	Paprika Chicken & Sri Lankan Dhal with Steamed Mixed Rice	Sustainably Sourced Battered Fish & Chips
Cheesy "Plant" Meatless ball Arrabiata & Grilled Garlic Bread	Chilli Sin Carne with Yucatean Rice	Roast Quorn, Gravy & Roasties	Roasted Coriander Aubergine & Sri Lankan Dhal with Steamed Mixed Rice	Grilled Sausages & Chips
Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps
Pasta Pots	Pasta Pots	Pasta Pots	Pasta Pots	Pasta Pots
Chocolate Rock Cake	Jam Sponge	Iced Lemon Cake	Giant Chocolate Cookie	Lemon Curd Sponge

Portion(s) of
fruit or veg



Source of
Wholegrain



Contains
plant-based
proteins



Lunch Menu

WEEK TWO

(Ve) vegan option



Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato 'Pizza' Macaroni Cheese (V)	Mexican Beef Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa	Roast Chicken, Gravy, Vegetables & Roasties	Korean Sweet & Sour Chicken with Steamed Rice	Sustainably Sourced Battered Fish & Chips
Vegetable Tikka Masala with Rice	Mexican Vegetable Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa	Moroccan Chickpea & Lemon Tagine with Couscous	Korean Sweet & Sour Vegetables with Steamed Rice	Oven Baked Chicken Nuggets & Chips
Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps
Pasta Pots	Pasta Pots	Pasta Pots	Pasta Pots	Pasta Pots
Lemon & Blueberry Slice	Rock Cake	Iced Vanilla Sponge with Sprinkles	Cornflake Cake	Giant Chocolate Cookie

Portion(s) of
fruit or veg



Source of
Wholegrain



Contains
plant-based
proteins



Lunch Menu

WEEK THREE

(Ve) vegan option



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Spanish Omelette served with Catalan Sauce & Seasoned Wedges	Chicken & Vegetable Enchilada with Warm Nachos	Roast Pork, Gravy, Vegetables & Roasties	Japanese Chicken & Spinach Curry with Steamed Mixed Rice	Sustainably Sourced Battered Fish & Chips
MEAT FREE	Roasted Cauliflower, Chickpea & Coconut Curry with Steamed Rice	Mexican Vegetable Tostada	Mediterranean Vegetable Pasta Bake	Japanese Roasted Aubergine & Sweet Potato Curry with Steamed Mixed Rice	Oven Baked Chicken Goujons & Chips
CRAB & GO	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps	Various Paninis, Baguettes & wraps
	Pasta Pots	Pasta Pots	Pasta Pots	Pasta Pots	Pasta Pots
HOT PUDDS	Flapjack	Krispy Bite	Homemade Lemon Drizzle Cake (ve)	Iced Orange Traybake	Giant Vanilla Cookie (ve)

Portion(s) of
fruit or veg



Source of
Wholegrain



Contains
plant-based
proteins

