



2-8 LUNCH MENU

WEEK ONE

Thursday

Beef stew & Yorkshire
pudding
~
Mixed bean, vegetable &
tomato casserole
~
Roast new potatoes, carrots
and swede
~
Lemon drizzle cake

Friday

Breaded fish fingers
~
Fishless finger
~
Air fried Chips
~
Baked beans and Garden peas
~
Jelly pots

Tuesday

Locally sourced pork sausages
~
Glamorgan sausage
~
Mashed potato & gravy
~
Green cabbage and beans
~
Rainbow Sprinkle cake

Wednesday

7 veg and red lentil sauce
with wholemeal penne pasta
~
Tuna pasta bake
~
Homemade Focaccia
~
Broccoli and sweetcorn
~
Chocolate crunch

Available every day

Fresh salad bar with olives,
crudities, and a seasonal
selection of fresh ingredients

Jacket potatoes

Wholemeal bread

Fresh fruit salad

Fruit of the week

FUN FOOD FACTS

Tomatoes are high in vitamin C &
support a healthy heart and
digestion

There more than 10,000 varieties
of tomatoes in the world

The cod in our fish fingers is
packed with omega-3 fatty acids
Protein and B vitamins