

September 2023 – July 2024
Menu is subject to availability

Middle School Lunch Menu

Week 1

Look out
for our Daily Chefs
Special and Meal
Deals

Eat your
5 a day

Day	Choice One	Choice Two Vegetarian/ Meat Free	Daily Meal Deals	Dessert
Monday	Cumberland Sausage with Onion Gravy Creamy Mash(v) Carrots(vg)	Pasta Arrabiatta(v) Garlic Dough Balls(v) Broccoli(vg)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Hot Chicken Wrap	Apple Crumble(v) & Custard(v)
Tuesday	BBQ Chicken Goujons Potato Wedges(vg) Baked Beans(vg)	Chickpea & Spinach Curry(vg) Fluffy Rice(vg) Garden Peas(vg)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Filled Jacket Potato(v)	Lemon Drizzle Cake(v) Chilled Drink
Wednesday	Turkey & Leek Pie Boiled Potatoes(vg) Carrot Batons(vg)	Sweet & Sour Vegetables(vg) Egg Noodles Green Beans(vg)	Sandwich(v) Protein Box (v)(vg) Pasta Pot(v) Pizza (v)	Vanilla & Chocolate Cookie(v) Chilled Drink
Thursday	Pasta Bolognese Garlic Bread(v) Mixed Vegetables(vg)	Pepper & Quorn Fajita(v) Seasoned Wedges(vg) Sweetcorn(vg)	Sandwich(v) Protein Box(v)(vg) Pasta Pot(v) Toasted Panini (v)	Marble Sponge & Custard(v)
Friday	Battered Fish Chips(vg) Mushy Peas(vg)	Vegetable Chilli(v) Steamed Rice(vg) Mixed Salad(vg)	Sandwich(v) Protein Box(v)(vg) Pasta Pot(v) Curry Pot	Carrot Cake Muffin(v) Chilled Drink

Week 1

- 4 September 23
- 25 September 23
- 16 October 23
- 13 November 23
- 4 December 23
- 8 January 24
- 29 January 24
- 26 February 24
- 18 March 24
- 22 April 24
- 13 May 24
- 10 June 24
- 1 July 24

Why don't you
swap the main
dessert for
Fresh Fruit or
Yoghurt and a
chilled drink.

Eat well Great school food learn well

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Middle School Lunch Menu

Week 2

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Special and Meal
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Eat your
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Day	Choice One	Choice Two Vegetarian/ Meat Free	Daily Meal Deals	Dessert
Monday	Margherita Pizza(v) Potato Wedges(vg) Garden Peas(vg)	Southern Style Meat Free Dippers(v) Potato Wedges(vg) Red Cabbage(vg)	Sandwich(v) Protein Box(v)(vg) Pasta Pot(v) Toasted Panini	Chocolate Brownie(v) Chilled Drink
Tuesday	Chicken Jalfrezi Steamed Rice(vg) /Naan(v) Mint Riata	Cheese & Potato Pasty(v) Oven Roast Potatoes(vg) Baked Beans(vg)	Sandwich(v) Protein Box(v)(vg) Pasta Pot(v) Burger in Bun	Flapjack(v) & Custard
Wednesday	Mince & Dumplings Creamed Potato(v) Carrots(vg)	Quorn Sausages(vg) Creamed Potato(v) Broccoli(vg)	Sandwich Protein Box(v)(vg) Pasta Pot(v) Curry Pot	Very Berry Cheesecake(v) Chilled Drink
Thursday	Spanish Style Chicken Patatas Bravas(v) Green Salad(v)	Roasted Vegetable Quiche(v) Oven Roast Potatoes(vg) Baked Beans(vg)	Sandwich Protein Box(v)(vg) Pasta Pot(v) Pizza (v)	Sticky Date Pudding Ice Cream
Friday	Fish Fingers Chips(vg) Mushy Peas(vg)	Turkish Quorn Flatbread(v) Pilav Rice(v) Beetroot(vg)	Sandwich Protein Box(v)(vg) Pasta Pot(v) Filled Jacket (v)(vg)	Ginger Sponge(v) & Custard

Week 2

11 September 23
2 October 23
23 October 23
20 November 23
11 December 23
15 January 24
5 February 24
4 March 24
25 March 24
29 April 24
20 May 24
17 June 24
8 July 24

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Week 3

Look out
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Special and Meal
Deals

Eat your
5 a day

Day	Choice One	Choice Two Vegetarian/ Meat Free	Daily Meal Deals	Dessert
Monday	Sausage Roll Oven Roast Potatoes(v) Baked Beans(vg)	Keema Quorn(v) Steamed Rice(vg) Garden Peas(vg)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Filled Jacket (v)(vg)	Sticky Orange Sponge & Custard(v)
Tuesday	BBQ Pulled Pork Baguette Potato Wedges(vg) Coleslaw(v)	Quorn Burger(v) Potato Wedges(vg) Sweetcorn(vg)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Curry Rice Pot	Lemon Shortbread Slice(v) Ice Cream(v)
Wednesday	Minced Beef & Potato Pie Creamed Potatoes(v) Swede(vg)	Mac n Cheese(v) Hash Browns(v) Mixed Salad(vg)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Pizza(v)	Banana & Chocolate Muffin(v) Chilled Drink
Thursday	Roast Chicken Fillet Yorkshire(v) Mashed Potato(v) Cauliflower(vg)	Crunchy Vegetable Chow Mein(v) Egg Noodles(v)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Toasted Panini	Carrot Cake Muffin(v) Chilled Drink
Friday	Battered Fish Chips(vg) Baked Beans(vg)	Cheese Tomato Pizza(v) Chips(vg) Coleslaw (v)	Sandwich (v) Protein Box (v)(vg) Pasta Pot(v) Burger in Bun	Iced Cinnamon Cake(v) Chilled Drink

Week 3

- 18 September 23
- 9 October 23
- 6 November 23
- 27 November 23
- 18 December 23
- 22 January 24
- 12 February 24
- 11 March 24
- 15 April 24
- 6 May 24
- 3 June 24
- 24 June 24
- 15 July 24

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