



LUNCH MENU - NOVEMBER 2019

YELLOW OPTION ONLY AVAILABLE FOR SECONDARY



MONDAY, 4		TUESDAY, 5		WEDNESDAY, 6		THURSDAY, 7		FRIDAY, 8	
RED	MIXED SALAD PASTA BOLOGNAISE FLAN	RED	CREAM OF VEGETABLE SOUP CHICKEN WRAP WITH CHIPS SEASONAL FRUIT	RED	RED & GREEN PEPPER SALAD OVEN-BAKED FISH IN TOMATO SAUCE & VEGETABLES SEASONAL FRUIT	RED	GREEN SALAD ROAST CHICKEN WITH FRIED AUBURGINES & BAKED POTATO YOGHURT	RED	COLESLAW HAMBURGER & CHIPS SEASONAL FRUIT
YELLOW	HAM & CHEESE PANINI WITH CUCUMBERS	YELLOW	FISH FINGER & CHIPS	YELLOW	SPAGHETTI CARBONARA	YELLOW	HOT DOG & CHIPS	YELLOW	JACKET POTATO WITH CHOICE OF FILLING
MONDAY, 11		TUESDAY, 12		WEDNESDAY, 13		THURSDAY, 14		FRIDAY, 15	
RED	DICED TOMATOS CHICKEN CURRY WITH RICE YOGHURT	RED	GREEN SALAD HOMEMADE COTTAGE PIE SEASONAL FRUIT	RED	BUTTERNUT SQUASH SOUP FISH FINGERS WITH POTATO WEDGES AND VEGETABLES JELLY	RED	CHICKPEA STEW BURRITOS WITH MEXICAN RICE SEASONAL FRUIT	RED	VEGETABLE SALAD CHICKEN PAELLA DRINKABLE YOGHURT
YELLOW	SPAGHETTI CARBONARA	YELLOW	TUNA PANINI WITH SALAD	YELLOW	CHICKEN WRAP WITH CHIPS	YELLOW	JACKET POTATO WITH CHOICE OF FILLING	YELLOW	HAMBURGER WITH POTATO WEDGES
MONDAY, 18		TUESDAY, 19		WEDNESDAY, 20		THURSDAY, 21		FRIDAY, 22	
RED	LENTIL SOUP CHICKEN ENCHILADA AND NACHOS DRINKABLE YOGHURT	RED	GREEN SALAD HOMEMADE LASAGNA WITH GARLIC BREAD SEASONAL FRUIT	RED	TOMATO SALAD CHICKEN FILLETS IN SAUCE WITH CHIPS & PEAS PUDDING	RED	MIXED SALAD BEEF STEW WITH PATATOES SEASONAL FRUIT	RED	CUCUMBER & CARROTS STICKS FISH & CHIPS WITH PEAS ICE CREAM
YELLOW	PASTA BOLONAISE	YELLOW	JACKET POTATO WITH CHOICE OF FILLING	YELLOW	HAM & CHEESE PANINI WITH CHIPS	YELLOW	HAMBURGUER WITH POTATO WEDGES	YELLOW	CHICKEN WRAP WITH SALAD
MONDAY, 25		TUESDAY, 26		WEDNESDAY, 27		THURSDAY, 28		FRIDAY, 29	
RED	MIXED SALAD CHICKEN & MUSHROOM PIE WITH MASH YOGHURT	RED	PEPPERS SALAD SAUSAGES, MASH & BEANS SEASONAL FRUIT	RED	GREEN SALAD FISH & VEG CURRY WITH RICE SEASONAL FRUIT	RED	COURGETTE SOUP CHICKEN GOUJONS WITH PASTA SALAD RICE PUDDING	RED	CREAM OF POTATO & CELERY SOUP HOMEMADE HAM & CHEESE PIZZA WITH CHIPS SEASONAL FRUIT
YELLOW	TUNA PANINI WITH SALAD	YELLOW	JACKET POTATO WITH CHOICE OF FILLING	YELLOW	PASTA WITH TUNA & TOMATO SAUCE	YELLOW	HAMBURGUER WITH SALAD	YELLOW	CHICKEN WRAP WITH CHIPS

ALSO AVAILABLE ON A DAILY BASIS:

BLUE OPTION: VARIETY OF SANDWICHES / BAGUETTES

GREEN OPTION: A RANGE OF PLATED SALADS

ALL RED MEALS COME WITH WATER, WHITE/BROWN BREAD, SALAD & DESSERT



YELLOW OPTION ONLY AVAILABLE FOR SECONDARY



MONDAY, 4		TUESDAY, 5		WEDNESDAY, 6		THURSDAY, 7		FRIDAY, 8	
RED	MIXED SALAD	RED	CREAM OF VEGETABLE SOUP	RED	RED & GREEN PEPPER SALAD	RED	GREEN SALAD	RED	COLESLAW
	PASTA WITH TUNA AND TOMATO		SALAD WRAP WITH CHIPS		OVEN-BAKED FISH IN TOMATO SAUCE WITH CHIPS & VEGETABLES		VEGETARIAN SAUSAGE, FRIED AUBURGINES & BAKED POTATO		VEGGIE BURGER & CHIPS
	FLAN		SEASONAL FRUIT		SEASONAL FRUIT		YOGHURT		SEASONAL FRUIT
MONDAY, 11		TUESDAY, 12		WEDNESDAY, 13		THURSDAY, 14		FRIDAY, 15	
RED	BUTTERNUT SQUASH SOUP	RED	GREEN SALAD	RED	DICED TOMATOS	RED	CHICKPEA STEW	RED	VEGETABLE SALAD
	CURRY WITH RICE		HOMEMADE VEGETARIAN COTTAGE PIE		FISH FINGERS WITH POTATO WEDGES AND VEGETABLES		NO MEAT BURRITOS WITH VEGETABLE RICE		VEG PAELLA
	YOGHURT		SEASONAL FRUIT		JELLY		SEASONAL FRUIT		DRINKABLE YOGHURT
MONDAY, 18		TUESDAY, 19		WEDNESDAY, 20		THURSDAY, 21		FRIDAY, 22	
RED	LENTIL SOUP	RED	GREEN SALAD	RED	TOMATO SALAD	RED	MIXED SALAD	RED	COLESLAW
	ENCHILADA AND NACHOS		HOMEMADE VEGETARIAN LASAGNA WITH GARLIC BREAD		TUNA EMPANADAS WITH CHIPS & PEAS		STEW WITH PATATOES		FISH & CHIPS WITH PEAS
	DRINKABLE YOGHURT		SEASONAL FRUIT		PUDDING		SEASONAL FRUIT		ICE CREAM
MONDAY, 25		TUESDAY, 26		WEDNESDAY, 27		THURSDAY, 28		FRIDAY, 29	
RED	MIXED SALAD	RED	MIXED SALAD	RED	GREEN SALAD	RED	COURGETTE SOUP	RED	MIXED SALAD
	VEG PIE WITH MASH		VEGETARIAN SAUSAGES, MASH & BEANS		VEGETABLE CURRY WITH RICE		SPINACH CRQUETTES WITH PASTA SALAD		HOMEMADE & CHEESE PIZZA WITH CHIPS
	YOGHURT		SEASONAL FRUIT		SEASONAL FRUIT		RICE PUDDING		SEASONAL FRUIT

VEGAN (NO Fish) OPTION AVAILABLE UPON REQUEST

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