

2023/2024 Secondary Analysed Lunch Plated Meal Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2302	SO2301	SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301	MA2303	MA2304	MA2306	MA2309
Bangers 'N' Mash (Broccoli, Carrot)	Chicken Nuggets With Potato Wedges (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302	MA2331	MA2305	MA2307, 2308	MA2310
Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	Crispy Halloumi Burger with Potato Wedges (v) (Rainbow Salad, Coleslaw) (serve with condiment)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2306	DE2307	DE2304	DE2303	DE2308
Fluffy Waffle (v)	Cookie (v)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Peach Melba Sponge (v)

- This menu is free from Nut and Peanut
- This menu has been nutritionally analysed
- Milk (250ml) and Fruit x1 (Apple, Banana, etc.) should also be offered as part of the plated meal.

2023/2024 Secondary Analysed Lunch Plated Meal Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311	MA2313	MA2314	MA2316	MA2318
Stack Your Beef Burger Oven Chips (Broccoli) (serve with condiment)	Creamy Chicken Potato-Topped Pie (Rainbow Salad, Coleslaw)	Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)	Crispy Salmon Bites with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad) (serve with condiment)
Main	Main	Main	Main	Main
MA2332	MA2333, 2333V	MA2315	MA2317, MA2317V	MA2319
Veggie Lasagne (v) (Broccoli)	Loaded Salt & Chilli Potato Boats (Chicken, or Veg (v)) (Rainbow Salad, Coleslaw) (serve with condiment)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Chicken Katsu Curry / Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Egg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2306	DE2307	DE2304	DE2303	DE2308
Fluffy Waffle (v)	Cookie (v)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Peach Melba Sponge (v)

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- This menu has been nutritionally analysed
- Milk (250ml) and Fruit x1 (Apple, Banana, etc.) should also be offered as part of the plated meal.

2023/2024 Secondary Analysed Lunch Plated Meal Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320	MA2322	MA2324	MA2325	MA2326
Chicken Biryani (Carrot, Mexican-Style Corn Salad)	Meatball Sub Melt (Rainbow Salad, Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	Simply Perfect Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321	MA2334	MA2323S	MA2307, 2308	MA2327, 2304
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	Mac 'N' Cheese with Garlic Bread (v) (Rainbow Salad, Coleslaw)	6" Sau'sage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Hawaiian Pizza / Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2306	DE2304	DE2307	DE2303	DE2308
Fluffy Waffle (v)	Oaty Flapjack (v)	Cookie (v)	Fruit Salad with Honey Lemon Dressing (ve)	Peach Melba Sponge (v)

- This menu is free from Nut and Peanut
- This menu has been nutritionally analysed
- Milk (250ml) and Fruit x1 (Apple, Banana, etc.) should also be offered as part of the plated meal.

2023/2024 Secondary Grab & Go Options Week 1 *

Monday	Tuesday	Wednesday	Thursday	Friday
Wrap / Panini / Sandwich of the Day				
G&G2301				
Cheese (v) / Cheese & Tomato (v) / Chicken Tikka / BBQ Chicken / Tuna Mayo / Savoury Falafel (ve)				
Salad / Pasta Salad of the Day				
G&G2302				
Cheese (v) / Cheese & Tomato (v) / Chicken Tikka / BBQ Chicken / Tuna mayo / Savoury Falafel (ve)				
Hot Snack of the Day				
G&G2305	G&G2303	G&G2308	G&G2306	G&G2303
Pizza Subs	Pizzini	Burger	Loaded Fries	Pizzini
Pepperoni / Margherita (v)	Cheese Tomato (v) / Spicy Chicken	Crispy Chicken / Spicy Beans (v)	Salt & Chilli Chicken / Salt & Chilli Veg (v)	Cheese Tomato (v) / Spicy Chicken
G&G2304	G&G2307	G&G2304	G&G2307	G&G2304
Toastie	Chicken Rollover Hot Dog	Toastie	Chicken Rollover Hot Dog	Toastie
Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)		Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)		Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)

• These options are not included in the nutritional analysis

2023/2024 Secondary Grab & Go Options Week 2 *

Monday	Tuesday	Wednesday	Thursday	Friday
Wrap / Panini / Sandwich of the Day				
G&G2301				
Cheese (v) / Cheese & Tomato (v) / Chicken Tikka / BBQ Chicken / Tuna Mayo / Savoury Falafel (ve)				
Salad / Pasta Salad of the Day				
G&G2302				
Cheese (v) / Cheese & Tomato (v) / Chicken Tikka / BBQ Chicken / Tuna mayo / Savoury Falafel (ve)				
Hot Snack of the Day				
G&G2305 Pizza Subs Pepperoni / Margherita (v)	G&G2309 Potato Dogs The Classic Dog / The Cheese Dog (v) / The Curry Dog / The Chilli Dog	G&G2303 Pizzini Cheese Tomato (v) / Spicy Chicken	G&G2308 Burger Crispy Chicken / Spicy Beans (v)	G&G2303 Pizzini Cheese Tomato (v) / Spicy Chicken
G&G2307	G&G2304 Toastie Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)	G&G2307	G&G2304 Toastie Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)	G&G2307
Chicken Rollover Hot Dog		Chicken Rollover Hot Dog		Chicken Rollover Hot Dog

* These options are not included in the nutritional analysis

2023/2024 Secondary Grab & Go Options Week 3 *

Monday	Tuesday	Wednesday	Thursday	Friday
Wrap / Panini / Sandwich of the Day				
G&G2301				
Cheese (v) / Cheese & Tomato (v) / Chicken Tikka / BBQ Chicken / Tuna Mayo / Savoury Falafel (ve)				
Salad / Pasta Salad of the Day				
G&G2302				
Cheese (v) / Cheese & Tomato (v) / Chicken Tikka / BBQ Chicken / Tuna mayo / Savoury Falafel (ve)				
Hot Snack of the Day				
G&G2305	G&G2303	G&G2308	G&G2306	G&G2303
Pizza Subs	Pizzini	Burger	Loaded Fries	Pizzini
Pepperoni / Margherita (v)	Cheese Tomato (v) / Spicy Chicken	Crispy Chicken / Spicy Beans (v)	Salt & Chilli Chicken / Salt & Chilli Veg (v)	Cheese Tomato (v) / Spicy Chicken
G&G2304	G&G2307	G&G2304	G&G2307	G&G2304
Toastie	Chicken Rollover Hot Dog	Toastie	Chicken Rollover Hot Dog	Toastie
Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)		Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)		Cheese & Tomato (v) / Cheese & Onion (v) / Cheesy Veggie Haggis (v)

• These options are not included in the nutritional analysis