



LUNCH MENU - JANUARY 2018

YELLOW OPTION ONLY AVAILABLE FOR SECONDARY



MONDAY, 8		TUESDAY, 9		WEDNESDAY, 10		THURSDAY, 11		FRIDAY, 12	
RED	MIXED SALAD	RED	COD CROQUETTES WITH DICED TOMATOS	RED	GREEN SALAD	RED	MIXED SALAD	RED	GREEN SALAD
RED	PASTA BOLONAISE	RED	CHICKPEA STEW	RED	COTTAGE PIE WITH GRAVY	RED	CHICKEN GOUJONS WITH THREE DELICACY RICE	RED	FISH PAELLA
RED	YOGHURT	RED	SEASONAL FRUIT	RED	YOGHURT	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT
YELLOW	JACKET POTATO WITH CHOICE OF FILLING	YELLOW	HAMBURGER & CHIPS	YELLOW	TUNA PANINI AND SALAD	YELLOW	SPAGHETTI CARBONARA	YELLOW	CHICKEN WRAP AND CHIPS
MONDAY, 15		TUESDAY, 16		WEDNESDAY, 17		THURSDAY, 18		FRIDAY, 19	
RED	FISH FINGERS ON A BED OF LETTUCE	RED	MIXED SALAD	RED	PICADILLO SOUP	RED	FRENCH OMELETTE WITH DICED CARROTS	RED	MIXED SALAD
RED	LENTIL STEW	RED	CHILI CON CARNE AND RICE	RED	CHICKEN PIECES WITH TOMATO SALAD	RED	CREAM OF VEGETABLE SOUP	RED	ANDALUSIAN-STYLE FISH WITH CHIPS AND VEGETABLES
RED	YOGHURT	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT	RED	PUDDING	RED	SEASONAL FRUIT
YELLOW	TUNA & TOMATO PASTA	YELLOW	HAM PANINI AND POTATO WEDGES	YELLOW	HAMBURGER WITH SALAD	YELLOW	CHICKEN WRAP AND CHIPS	YELLOW	JACKET POTATO WITH CHOICE OF FILLING
MONDAY, 22		TUESDAY, 23		WEDNESDAY, 24		THURSDAY, 25		FRIDAY, 26	
RED	FRIED SQUID	RED	MIXED SALAD	RED	COLESLAW	RED	FRENCH OMELETTE WITH SALAD	RED	GREEN SALAD
RED	CHICKEN NOODLE SOUP	RED	OVEN- BAKED FISH WITH MENESTRA AND DICED POTATOS	RED	MEATBALLS IN ALMOND SAUCE WITH RICE	RED	BUTTERNUT SQUASH SOUP	RED	BEFF LASAGNA
RED	YOGHURT	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT	RED	YOGHURT	RED	SEASONAL FRUIT
YELLOW	TUNA PANINI AND SALAD	YELLOW	CHIKEN WRAP AND CHIPS	YELLOW	PASTA BOLONAISE	YELLOW	HAMBURGER WITH POTATO WEDGES	YELLOW	JACKET POTATO WITH CHOICE OF FILLING
MONDAY, 29		TUESDAY, 30		WEDNESDAY, 31		THURSDAY, 1 FEB		FRIDAY, 2 FEB	
RED	MIXED SALAD	RED	POTATO OMELETTE WITH PIPIRRANA	RED	GREEN SALAD	RED	MIXED SALAD	RED	MOZZARELLA STICKS WITH CUCUMBER
RED	SPAGUETTI CARBONARA	RED	CREAM OF VEGETABLE SOLIP	RED	CHICKEN CURRY WITH RICE	RED	OVEN-BAKED HAKE WITH DICED POTATOS AND VEGETABLES	RED	CREAM OF POTATO SOUP WITH LEEK
RED	YOGHURT	RED	SEASONAL FRUIT	RED	YOGHURT	RED	SEASONAL FRUIT	RED	DRINKABLE YOGOURT
YELLOW	JACKET POTATO WITH CHOIE OF FILLING	YELLOW	CHIKEN WRAP WITH CHIPS	YELLOW	HAM AND CHEESE PANINI WITH SALAD	YELLOW	SPAGUETTI CARBONARA	YELLOW	HAMBURGER WITH POTATO WEDGES



VEGETARIAN MENU - JANUARY 2018

YELLOW OPTION ONLY AVAILABLE FOR SECONDARY



MONDAY, 8		TUESDAY, 9		WEDNESDAY, 10		THURSDAY, 11		FRIDAY, 12	
RED	MIXED SALAD	RED	CHICKPEA STEW	RED	GREEN SALAD	RED	MIXED SALAD	RED	FRENCH OMELETTE WITH DICED CARROTS
RED	TUNA PASTA IN TOMATO SAUCE	RED	COD CROQUETES AN SLIDE TOMATO	RED	VEGETABLE PIE	RED	FISH FINGERS WITH THREE DELICACY RICE	RED	CREAM OF VEGETABLE SOUP
RED	PUDDING	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT	RED	PUDDING
MONDAY, 15		TUESDAY, 16		WEDNESDAY, 17		THURSDAY, 18		FRIDAY, 19	
RED	FISH FINGERS ON A BED OF LETTUCE	RED	MIXED SALAD	RED	PICADILLO SOUP	RED	GREEN SALAD	RED	MIXED SALAD
RED	LENTIL STEW	RED	CHILI WITH VEGETABLES AND RICE	RED	TUNA EMPANADAS WITH TOMATO SALAD	RED	FISH PAELLA	RED	ANDALUSIAN-STYLE FISH WITH OVEN-BAKED POTATOS AND VEGETABLES
RED	YOGHURT	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT	RED	JELLY	RED	SEASONAL FRUIT
MONDAY, 22		TUESDAY, 23		WEDNESDAY, 24		THURSDAY, 25		FRIDAY, 26	
RED	FRIED SQUID	RED	MIXED SALAD	RED	COLESLAW	RED	FRENCH OMELETTE WITH SALAD	RED	MIXED SALAD
RED	CHICKEN NOODLE SOUP	RED	OVEN- BAKED FISH WITH MENESTRA AND DICED POTATOS	RED	VEGGIE BALLS IN ALMOND SAUCE WITH RICE	RED	BUTTERNUT SQUASH SOUP	RED	VEGETABLE LASAGNA
RED	YOGHURT	RED	SEASONAL FRUIT	RED	SEASONAL FRUIT	RED	YOGHURT	RED	SEASONAL FRUIT
MONDAY, 29		TUESDAY, 30		WEDNESDAY, 31		THURSDAY, 1 FEB		FRIDAY, 2 FEB	
RED	MIXED SALAD	RED	POTATO OMELETTE WITH PIPIRRANA	RED	GREEN SALAD	RED	MIXED SALAD	RED	CREAM OF POTATO AND CELERY
RED	SPAGUETTI CARBONARA WITHOUT BACON	RED	CREAM OF VEGETABLE SOUP	RED	VEGETABLE CURRY WITH RICE	RED	OVEN-BAKED HAKE WITH DICED POTATO AND VEGETABLES	RED	MOZZARELLA STICKS WITH CUCUMBER
RED	YOGHURT	RED	SEASONAL FRUIT	RED	YOGHURT	RED	POTATO AND VEGETABLES	RED	TOMATO SALAD

