

Lunch Menu

Week 1



Stir
It's not just a meal, it's a moment.

W/C 13/04, 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10

MONDAY

Mexican Chicken Wraps

Chicken & Rice



TUESDAY

Margherita Pizza

Freshly Made Deep Pan Pizza

WEDNESDAY

Roast Chicken

Roasted Marinated Chicken Thigh



THURSDAY

Swedish Meatballs

Chicken & Vegetable Meatballs

FRIDAY

Fish Fingers

Breaded Pollock Fish Fingers



Vegetable Enchiladas

Baked wraps



Pizza al Pesto

Freshly made deep pan Pizza

Crispy Cheese & Lentil Bake



Vegan Swedish Meatballs

Homemade Veggie Meatballs



Vegetable Fingers

Crispy Breaded Vegetable Fingers



SIDES

Rice & Mixed Salad

Baked Potato Wedges & Coleslaw or Salad

Roasted Potatoes, Carrots & Sweetcorn

Creamy Mash & Green Beans

Chips & Baked Beans

SIDES

PENNE PASTA WITH

Homemade Tomato Sauce



Nut Free Spinach & Basil Pesto



Homemade Tomato Sauce



Nut free Spinach & Basil Pesto



Homemade Tomato Sauce



PENNE PASTA WITH

< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >

Apple Sponge & Custard

Jelly & Fruit Slices

Carrot & Cinnamon Cookies

Fruit Salad

Chocolate & Vanilla Shortbread

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key

Added plant power

Wholemeal

Vegan

Vegetarian

Oily fish

Full of fruit

Nutritionist's Choice

Extra Protein Power

Good for your gut

Lunch Menu

Week 2



Stir
It's not just a smoothie

W/C 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10

MONDAY

Sweet & Sour Pork with Noodles



TUESDAY

Margherita Pizza
Freshly Made Deep Pan Pizza

WEDNESDAY

Cottage Pie
Beef & Lentil Pie



THURSDAY

Butter Chicken Curry
Mild Creamy Chicken Curry.



FRIDAY

Fish Fingers
Breaded Pollock Fish Fingers



Chow Mein Noodles

Veggie Delight Pizza
Freshly Made Deep Pan Pizza

Shepherdless Pie

Vegetable & Bean Pie

Tikka Eat Curious

Mild & Creamy Vegan Curry

Cheese & Onion Quiche

Fried Onion & Cheese Tart

SIDES

Green Cabbage

Baked Potato Wedges and
Coleslaw or Salad

Garden Mash, Green Cabbage
& Garden Peas

Wholegrain Rice & Broccoli

Chips & Baked Beans

PENNE PASTA WITH

Homemade Tomato Sauce



Nut Free Spinach & Basil Pesto



Homemade Tomato Sauce



Nut Free Spinach & Basil Pesto



Homemade Tomato Sauce



PENNE PASTA WITH

< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >

Vanilla Sprinkle Sponge

Watermelon Sticks

Chocolate Crispy Cake

Fruit Bowls

Apple Flapjack

SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Lunch Menu

Week 3



Stir

W/C 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

MONDAY

Brazilian Coconut

Chicken

Mild Creamy Coconut Curry



TUESDAY

Beef Smashburger

Beef & Bean Burgers in a Roll



WEDNESDAY

Roast Gammon

Roasted Gammon Joint



THURSDAY

Mac n Cheese

Really Cheesy
Macaroni Pasta



FRIDAY

Fish Fingers

Breaded Pollock Fish Fingers
(Salmon Or Pollock)



Sweet Potato & Chickpea
Balti

Lightly Spiced Indian Classic



Homemade Cheese &
Tomato Turnover

Puff Pastry Slice with Cheddar &
Tomatoes

Cheesy Vegetable Bake

Butternut Squash & Parsnip



Vegetable Chilli

Spiced Vegetable & Bean Chilli &
Rice



Pitta Pockets

Roasted Vegetables & Cheesy
Pockets



SIDES

Wholegrain Rice & Sweetcorn

Wedges & Baked Beans

Roasted Potatoes, Broccoli &
Gravy

Green Beans

Chips & Baked Beans

SIDES

PENNE
PASTA WITH

Homemade Tomato
Sauce



Nut Free Spinach & Basil
Pesto



Homemade Tomato
Sauce



Nut Free Spinach & Basil
Pesto



Homemade Tomato
Sauce



PENNE
PASTA WITH

< ----- Available Daily - Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo ----- >



Jammy Crumble Slice



Fruit Bowls



Vanilla
Ice Cream Cup



Jelly & Fruit Slices



Rainbow Shortbread



SEASONAL VEGETABLES, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon
Key

