



















# Lunch Menu Week 1

**NORTH EATS.**

So much more than school food



Spring/Summer 2023 Week Commencing: 17/04, 08/05, 05/06, 26/06, 17/07, 04/09, 25/09, 16/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Sausages with Creamed Potato and Gravy	Minced Beef and Vegetables with Creamed Potato	Roast Turkey and Yorkshire Pudding with New Potatoes and Gravy 	Chicken Korma with Wholegrain Rice 	Breaded Fish Fingers with Chipped Potatoes
Macaroni Cheese 	Homemade Cheese and Tomato Pizza with Oven Baked Jacket Wedges  	Vegetable Pastry Roll with New Potatoes and Gravy 	Chinese Vegetarian Rice 	Vegetarian Dippers with Chipped Potatoes 
Jacket Potato with Salmon Mayonnaise 	Ham Sandwich	Jacket Potato with a Selection of Fillings	Cheese and Tomato Melt 	Jacket Potato with a Selection of Fillings
Freshly Prepared Salad Served Daily 				
Green Beans Carrots 	Sweetcorn Baked Beans 	Carrots Cabbage 	Peas Sweetcorn 	Baked Beans Peas 
Orange Drizzle Cake with Custard	Hot Chocolate Sponge with Chocolate Custard	Strawberry Jelly and Fruit 	Flapjack with Fruit 	Chocolate Ice Cream

Available Daily

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT AND FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's choice



# Lunch Menu Week 2

**NORTH EATS.**

So much more than school food



Spring/Summer 2023 Week Commencing: 24/04, 15/05, 12/06, 03/07, 11/09, 02/10, 23/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vegetarian Meatball's in Tomato Sauce with Wholemeal Pasta</b> 	<b>Chinese Chicken and Vegetable Rice</b> 	<b>Roast Turkey with Roast Potatoes and Gravy</b>	<b>Beef Lasagne with Garlic and Herb Bread</b> 	<b>Breaded Fish Fingers with Chipped Potatoes</b>
<b>Cauliflower Macaroni Cheese with Crusty Bread</b> 	<b>Pizza Wheel with Potato Wedges</b> 	<b>Tomato Pasta with Garlic and Herb Bread</b> 	<b>Sweet Chilli Vegetable Noodles</b> 	<b>Vegetarian Sausage in a Bun with Chipped Potatoes</b> 
<b>Jacket Potato with a Selection of Fillings</b>	<b>Ham Sandwich</b>	<b>Jacket Potato with a Selection of Fillings</b>	<b>Cheese and Tomato Melt</b> 	<b>Jacket Potato with a Selection of Fillings</b>
<b>Freshly Prepared Salad Served Daily</b>				
<b>Peas Carrots</b> 	<b>Baked Beans Sweetcorn</b> 	<b>Cabbage Carrots</b> 	<b>Sweetcorn Green Beans</b> 	<b>Baked Beans Peas</b> 
<b>Oat Chocolate Cookie with Fruit</b> 	<b>Vanilla Cake with Custard</b>	<b>Chocolate and Banana Marble Cake with Custard</b>	<b>Flapjack with Fruit</b> 	<b>Chocolate and Orange Muffin</b>

Available Daily

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT AND FRESH FRUIT

Vegetarian 
 Oily fish 
 Wholegrain 
 Fruity! 
 Nutritionist's choice



# Lunch Menu Week 3

**NORTH EATS.**

So much more than school food



Spring/Summer 2023 Week Commencing: 01/05, 22/05, 19/06, 10/07, 18/09, 09/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vegetarian Bolognese with Wholemeal Pasta</b> 	<b>Cottage Pie</b> 	<b>Roast Pork in a Bun with Gravy and Oven Baked Potato Wedges</b>	<b>Butter Chicken Curry with Wholegrain Rice</b> 	<b>Southern Fried Chicken with Chipped Potatoes</b>
<b>Cheese and Tomato Pizza with Oven Baked Potato Wedges</b> 	<b>Mexican Vegetarian Tortilla Pie with Wholegrain Rice</b> 	<b>Cheesy Ploughman's Picnic Plate with Oven Baked Potato Wedges</b> 	<b>Tomato Pasta Bake with Garlic Dough Balls</b> 	<b>Tomato Veggie Burger with Chipped Potatoes</b> 
<b>Jacket Potato with a Selection of Fillings</b>	<b>Ham Sandwich</b>	<b>Jacket Potato with a Selection of Fillings</b>	<b>Cheese Sandwich</b>	<b>Jacket Potato with a Selection of Fillings</b>
<b>Freshly Prepared Salad Served Daily</b>				
<b>Carrot Sticks Baked Beans</b> 	<b>Cabbage Peas</b> 	<b>Coleslaw Carrots</b> 	<b>Sweetcorn Green Beans</b> 	<b>Peas Baked Beans</b> 
<b>Feathered Jam Sponge with Custard</b>	<b>Flapjack with Fruit</b> 	<b>Pineapple Upside Down Cake with Custard</b>	<b>Chocolate Brownie with Fruit</b> 	<b>Frozen Mango Yoghurt</b>

Available Daily

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

