

LUNCH MENU - WEEK 1

Food to excite

Ventrus

Catering for your children's education

30th Oct.-20th Nov.-11th Dec.2023-15th Jan.-5th Feb.-4th & 25th Mar 2024

	Malted, Wholemeal Sliced Baguettes, Low Fat Yoghurts, Milk and Water available daily. All Special Diets catered for.					
	Monday	Tuesday	Wednesday	Thursday	Friday	V
	Butcher's Pork Sausages & Potato Wedges	Butcher's Mince Beef Nachos & Wholegrain Rice	Roast Gammon & Pineapple	Organic Pork Meatballs in Tomato Sauce with Finger Roll	Harry Ramsden's Battered Salmon Fillets	
1/	Spanish Omelette	Cheese Pasty & Tomato Pasta	Vegetarian Roast	Oaty Veggie Crumble & Mash Potato	Vegan Nuggets	
	Jacket Potato with Beans & Cheese	Jacket Potato with Beans		Jacket Potato with Cheese & Coleslaw	6	
	Baked Beans & Mixed Vegetables	Sweetcorn & Broccoli	Roast of Mash Potato & Cauliflower & Swede	Fresh Sliced Carrots & Peas	Chips, Pasta, Sweetcorn, Tomato Sauce & Coleslaw	
	Fruit Smoothie	Sticky Toffee Pudding & Custard	Strawberry Mousse with Berry Compote	Fresh Fruit	Fruity Flapjack	3

LUNCH MENU - WEEK 2

6th & 27th Nov. 2023 -1st & 22nd Jan.-19th Feb.-5th Mar. 2024



36	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheeseburger (100% Beef) in a Bun	Handmade Chicken Curry, Rice & Naan Bread (New Recipe)	Roast Pork & Apple Sauce	Handmade Chicken Goujons with Tomato Pasta	Jumbo Fish Fingers (New)
N/	Roasted Stuffed Feta Peppers	Macaroni Cheese & Crusty Bread	Herby Lentil Loaf	Sweet & Sour Quorn with Noodles	Vegan Sausage Roll
	Jacket Potato with Beans & Cheese	Jacket Potato with Beans		Jacket Potato with Cheese & Coleslaw	
	Potato Wedges, Peas & Corn on Cob	Mixed Vegetables	Roast or Mash Potato with Fresh Sliced Carrots, Cabbage & Gravy	Sweetcorn & Broccoli	Chips, Pasta, Peas, Tomato Sauce & Coleslaw
	Pip Organic Ice Lolly	Fruit Muffin/Tray Bake	Fresh Fruit	Apple Cake	Date & Rice Crispy Cake (New Recipe)



LUNCH MENU - WEEK 3

13th Nov.-4th Dec.2023-8th & 29th Jan.-26th Feb.-18th Mar.2024



	Malted, Wholemeal Sliced Baguettes, Low Fat Yoghurts, Milk and Water available daily. All Special Diets catered for.							
	Monday	Tuesday	Wednesday	Thursday	Friday			
5	2 Cheese & Pepperoni Pizza	Butcher's Mince Beef Cottage Pie	Roast Chicken with Sage & Onion Stuffing	Carbonara Pasta Bake	Fish Shop Breaded Cod Nuggets (New)			
	Handmade Falafel Burger in a Bun (New Recipe)	Handmade Cheese Wheels	Vegan Cauliflower Bites	Chinese-Style Vegetable & Noodle Wrap (New Recipe)	Vegan Sausage Bap			
	Jacket Potato with Beans & Cheese	Jacket Potato with Beans		Jacket Potato with Cheese & Coleslaw				
	Pasta, Baked Beans & Sweetcorn	Peas & Cauliflower	Roast or Mash Potato, Sliced Carrots, Broccoli & Gravy	Fresh Batons of Carrot & Cucumber Sticks	Chips, Pasta, Peas, Tomato Sauce & Coleslaw			
	Fresh Fruit	Fruit Jelly	Pear & Vanilla Crumble & Custard (New Recipe)	Pineapple Oaty Slice (New Recipe)	Fruit Cookie	Stock		