

# Lunch menu

## Fresh Cook - Spring and Summer 2026 - Week 1

Running w/c: 13.04.26, 04.05.26, 01.06.26, 22.06.26, 13.07.26, 07.09.26, 28.09.26, 19.10.26

| Monday                                                                                                  | Tuesday                                                                                                                              | Wednesday                                                             | Thursday                                                                                                         | Friday                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mains</b><br>Beef grills in a soft burger bun<br>-<br>Homemade vegan sausage roll with Quorn sausage | <b>Mains</b><br>Meaty bolognaise with spaghetti<br>-<br>Quorn fajita wrap with tomatoes, peppers, mixed with special spices and rice | <b>Mains</b><br>Roast gammon<br>-<br>Succulent meat-free Quorn fillet | <b>Mains</b><br>Chicken curry with rice and homemade naan bread<br>-<br>Hearty veggie chilli con carne with rice | <b>Mains</b><br><br>Crispy mini cod fish fillet<br>-<br>Classic cheese & tomato pizza |
| <b>Sides</b><br>Herby diced potatoes, garden peas & sweetcorn                                           | <b>Sides</b><br>Garden peas & carrots                                                                                                | <b>Sides</b><br>Broccoli florets, carrots, mashed potatoes & gravy    | <b>Sides</b><br>Green beans & sweetcorn                                                                          | <b>Sides</b><br>Chips, baked beans & garden peas                                                                                                                         |
| <b>Dessert</b><br>Indulgent melting moment biscuit                                                      | <b>Dessert</b><br>'Wibble wobble' fruit jelly                                                                                        | <b>Dessert</b><br>Iced sponge cake                                    | <b>Dessert</b><br>Dinky doughnuts with Jim Jams chocolate sauce                                                  | <b>Dessert</b><br>Rocket ice lolly                                                                                                                                       |

Available Daily: Seasonal Salads. Alternate Offer: Baked Potato with choice of filling, Ham / Cheese / Tuna mayo sandwich or wrap Fruit or yoghurt.



Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

# Lunch menu

## Fresh Cook - Spring and Summer 2026 - Week 2

Running w/c: 20.04.26, 11.05.26, 08.06.26, 29.06.26, 20.07.26, 31.08.26, 14.09.26, 05.10.26

| Monday                                                                                                                                                                          | Tuesday                                                                                                                           | Wednesday                                                                                                 | Thursday                                                                                                                                                                                           | Friday                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mains</b><br>Pork & leek meatballs in homemade tomato sauce with wholewheat fusilli pasta<br>-<br>Meat-free meatballs in homemade tomato sauce with wholewheat fusilli pasta | <b>Mains</b><br>Chicken fajita wrap with tomatoes, peppers, mixed with special spices and rice<br>-<br>Hot cheese panini baguette | <b>Mains</b><br>Oven roasted beef with Yorkshire pudding<br>-<br>Vibrant veggie lasagne with garlic bread | <b>Mains</b><br>All day breakfast with either a succulent pork sausage or vegetarian Quorn sausage. Served with fluffy scrambled eggs & golden hashbrown rounds <b>(Egg free option available)</b> | <b>Mains</b><br><br>Breaded salmon fish finger<br>-<br>Classic cheese and tomato pizza |
| <b>Sides</b><br>Garden peas & carrots                                                                                                                                           | <b>Sides</b><br>Homemade potato wedges, sweetcorn & green beans                                                                   | <b>Sides</b><br>Roast potatoes, broccoli, baton carrots & gravy                                           | <b>Sides</b><br>Baked beans & roasted tomato                                                                                                                                                       | <b>Sides</b><br>Baked beans, sweetcorn & chips                                                                                                                            |
| <b>Dessert</b><br>Chocolate & vanilla pinwheel biscuits                                                                                                                         | <b>Dessert</b><br>Zesty lemon muffin                                                                                              | <b>Dessert</b><br>Chocolate cracknell                                                                     | <b>Dessert</b><br>Citrus orange shortbread biscuit                                                                                                                                                 | <b>Dessert</b><br>Creamy strawberry ice cream roll                                                                                                                        |

Available Daily: Seasonal Salads. Alternate Offer: Baked Potato with choice of filling, Ham / Cheese / Tuna mayo sandwich or wrap Fruit or yoghurt



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# Lunch menu

## Fresh Cook - Spring and Summer 2026 - Week 3

Running w/c: 27.04.26, 18.05.26, 15.06.26, 06.07.26, 31.08.26, 21.09.26, 12.10.26

| Monday                                                                                                                                           | Tuesday                                                                                                  | Wednesday                                                             | Thursday                                                                                                                       | Friday                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <b>Mains</b><br><br>Fish fingers<br>-<br>Creamy macaroni cheese | <b>Mains</b><br>Homemade golden pork<br>sausage roll<br>-<br>Quorn vegan hot dog with<br>smoky BBQ Sauce | <b>Mains</b><br>Classic roast chicken<br>dinner<br>-<br>Cheesy whirls | <b>Mains</b><br>Homemade beef lasagne<br>with garlic bread<br>-<br>Vegetable burger in a soft<br>burger bun with potato smiles | <b>Mains</b><br>Ham pizza<br>-<br>Classic cheese and tomato<br>pizza |
| <b>Sides</b><br>Herb diced potatoes,<br>sweetcorn & garden peas                                                                                  | <b>Sides</b><br>Homemade potato wedges<br>& vegetable medley                                             | <b>Sides</b><br>Roast potatoes, carrots,<br>garden peas & gravy       | <b>Sides</b><br>Corn cobettes &<br>mixed salad                                                                                 | <b>Sides</b><br>Baked beans, garden peas<br>& chips                  |
| <b>Dessert</b><br>Warm waffles with<br>fruit sauce                                                                                               | <b>Dessert</b><br>Traditional Lancashire<br>biscuit                                                      | <b>Dessert</b><br>Zesty orange sponge cake<br>with custard            | <b>Dessert</b><br>Chocolate flapjack drizzled<br>with Jim Jams chocolate<br>sauce                                              | <b>Dessert</b><br>Creamy vanilla ice cream<br>tub                    |

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