

# GOOD EATS

WEEK 1  
LUNCH PLAN

WHITMORE  
HIGH

## MONDAY

Homemade Cottage Pie Served  
with Seasonal Vegetables & a  
Rich Gravy Sauce

\*

Harry Ramsden Battered Fish  
Served with Mashed Potato,  
Baked Beans or Peas

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Chocolate Fudge  
Brownie served with Chocolate  
Sauce

## TUESDAY

Homemade Steak Pie Served  
with Seasonal Vegetables & a  
Rich Gravy Sauce

\*

Homemade Beef Chilli Con  
Carne Served with Boiled Rice

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Apple Crumble  
served with Custard

## WEDNESDAY

Daily Specials  
Please See The Information  
Board in the Canteen

## THURSDAY

Roast Turkey & Stuffing in a rich  
Gravy Sauce served with Boiled  
& Roast Potatoes &  
Seasonal Vegetables

\*

Homemade Pasta Bolognaise  
served with Wholemeal Garlic  
Bread & Fresh Seasonal Salad

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Jam Roly Poly  
served with Custard

## FRIDAY

Homemade Curry of the Day  
served with Chips or rice &  
Naan Bread

\*

Fresh Fish of the Day served  
with Chipped Potatoes &  
Seasonal Vegetables

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Ice Cream

# GOOD EATS

WEEK 2  
LUNCH PLAN

WHITMORE  
HIGH

## MONDAY

Smokey Chicken Joe served  
with Potato Option & Seasonal  
Vegetables

\*

Homemade Chicken Stir Fry  
served with Noodles

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Steamed Jam  
Sponge served with Custard

## TUESDAY

Homemade Corned Beef Pie  
served with Seasonal Gravy & a  
Rich Gravy Sauce

\*

All Day Breakfast including,  
Sausage, Bacon, Egg & Baked  
Beans, Hash Brown served with  
Chipped Potatoes

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Marble Sponge  
served with Custard

## WEDNESDAY

Daily Specials  
Please See The Information  
Board in the Canteen

## THURSDAY

Roast Pork  
served with  
Stuffing, Roast & Boiled  
Potatoes, Seasonal  
Vegetables & Gravy

\*

Homemade chicken & Ham  
pasta Bake served with Garlic  
Bread & Seasonal Salad

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Ice Cream

## FRIDAY

Homemade Curry of the Day  
served with Chips or rice &  
Naan Bread

\*

Fresh Fish of the Day served  
with Chipped Potatoes &  
Seasonal Vegetables

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Chocolate Sponge  
served with Chocolate Sauce

# GOOD EATS

WEEK 3  
LUNCH PLAN

WHITMORE  
HIGH

## MONDAY

Beef Burger in a bun served  
with Potato Wedges , Baked  
Beans or Seasonal Salad

\*

Homemade Chicken Casserole  
served with Rice

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Apple Crumble  
served with Custard

## TUESDAY

Homemade Chicken Pie served  
with Potato Option, Seasonal  
Vegetables & a Rich Gravy  
Sauce

\*

Homemade Lasagne served  
with Coleslaw & Seasonal Salad

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Flap Jack

## WEDNESDAY

Daily Specials  
Please See The Information  
Board in the Canteen

## THURSDAY

Roast Topside of Beef &  
Yorkshire Pudding in a Rich  
Gravy Sauce served with Boiled  
& Roast Potatoes & Seasonal  
Vegetables

\*

Homemade Pasta Bolognese  
served with Wholemeal Garlic  
Bread & Fresh Seasonal Salad

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Jam Roly Poly  
served with Custard

## FRIDAY

Homemade Curry of the Day  
served with Chips or rice &  
Naan Bread

\*

Fresh Fish of the Day served  
with Chipped Potatoes &  
Seasonal Vegetables

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Vanilla Sponge  
served with Custard

# GOOD EATS

WEEK 4  
LUNCH PLAN

WHITMORE  
HIGH

## MONDAY

Chicken Burger in a Bun Served  
with Jacket Wedges & Baked  
Beans

\*

Beef Goulash served with  
Potato Option & Seasonal  
Vegetables

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Steamed Sponge  
served with Custard

## TUESDAY

Homemade Minced Beef Pie  
served with Seasonal  
Vegetables, Potato Option & a  
Rich Gravy Sauce

\*

Reduced Fat Sausages served  
with Mashed Potato & Baked  
Beans

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Marble Sponge  
served with Custard

## WEDNESDAY

Daily Specials  
Please See The Information  
Board in the Canteen

## THURSDAY

Roast Topside of Beef &  
Yorkshire Pudding in a Rich  
Gravy Sauce served with Boiled  
& Roast Potatoes & Seasonal  
Vegetables

\*

Homemade Chicken  
Arriabiatta served with Pasta &  
Seasonal Vegetables

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Homemade Steamed Syrup  
Sponge served with Custard

## FRIDAY

Homemade Curry of the Day  
served with Chips or rice &  
Naan Bread

\*

Fresh Fish of the Day served  
with Chipped Potatoes &  
Seasonal Vegetables

\*

Vegetarian Choice Available,  
please see Information board in  
the Canteen

\*

Ice Cream