

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita Pizza (MK, G/W)	Chicken Goujons (CE*, E*, F*, MK*, MU*, SO*, G/W)	Roast Chicken with Gravy	Beef Lasagne with Lentils	Breaded Fish & Chips (G/B*, W)
VEGGIE	Tomato & Basil Gnocchi (CE, E*, MK*, MU*, SO*, G/W)	Quorn Nuggets	Honey Glazed Quorn	Roasted Squash & Root Vegetable Lasagne (E*, MK, G/W)	Cheese & Tomato Pinwheel (MK, G/W)
SIDES	Garlic Bread & Chef's Salad (MK, SO*, G/W)	Homemade Potato Wedges with Baked Beans & Green Salad	Steamed Potatoes & Medley of Seasonal Vegetables	Mixed Green Salad & Coleslaw (E)	Beans or Peas
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W) V	Jacket & Salad	Tomato & Basil Pasta (CE, G/W) V	Jacket & Salad	Mac & Cheese (MK, G/W)
PUD	Yoghurt with Honey & Fruit (MK)	Iced Vanilla Sponge (E, MK, SO*, G/W)	Apple Crumble with Custard (MK, G/W) S	Carrot Cake (E, MK, SO*, G/B*, O*, W) S	Chocolate Cookie (E, MK, SO*, G/W)

THEME DAYS



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES

1 SEP / 22 SEP /
13 OCT / 10 NOV /
1 DEC

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG



WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Winter Vegetable & Lentil Stew (G/B*, W*)	Beef Burger (SE*, SO, SU, G/W)	Creamy Chicken Pesto Pasta (MK, G/W)	Butter Chicken Curry (G/B*, O*, R*, W*)	Fish Fingers & Chips (F, G/W)
VEGGIE	Tomato & Olive Arrabiata (G/W)	Vegetable Burger (SE*, G/W) V	Vegetable & Bean Casserole (CE, G/B*, W*) V	Quorn & Vegetable Curry (E)	Cheesy Calzone & Chips (MK, G/W)
SIDES	Garlic Bread & Chef's Salad (MK, SO*, G/W)	Homemade Potato Wedges with Baked Beans & Green Salad	Garlic Bread & Chef's Salad (MK, SO*, G/W)	Steamed Rice & Green Beans V	Beans or Peas V
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W) V	Jacket & Salad	Tomato & Basil Pasta (CE, G/W) V	Jacket & Salad	Mac & Cheese (MK, G/W)
PUD	Orange Syrup Sponge with Vanilla Sauce (E, MK, SO*, G/W)	Yoghurt with Honey & Fruit (MK)	Lemon Drizzle Cake (E, MK, SO*, SU, G/W)	Vanilla & Raisin Shortbread Biscuit (G/W) V	Cinnamon Swirl (G/W) V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



DATES

8 SEP / 29 SEP /
20 OCT / 17 NOV /
8 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY
G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
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MU = MUSTARD
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WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Mac & Cheese (MK, G/W)	Hoi Sin Chicken Stir Fry (CE, MU*, SO, G/W)	Beef Sausage with Gravy (SU, G/W)	Piri Piri Chicken	Breaded Fish & Chips (G/B*, W)
VEGGIE	Veggie Chilli Jacket Potato	Hoi Sin Quorn & Vegetable Stir Fry (CE, E, MU*, SO, G/W)	Veggie Sausage with gravy (G/W)	Sweet Potato, Chickpea & Coconut Curry (CE, G/B*, O*, R*, W)	Veggie Sausage Roll & Chips (MK*, SO, G/B, W)
SIDES	Green Salad	Egg Fried Rice & Stir Fried Greens (E, SO, G/W)	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Steamed Rice & Green Beans	Peas or Benas
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W) V	Jacket & Salad	Tomato & Basil Pasta (CE, G/W) V	Jacket & Salad	Mac & Cheese (MK, G/W)
PUD	Orange & Berry Cake (E, MK, SO*, G/W)	Ice Cream with Fresh Fruit (MK)	Winter Fruit Crumble with Custard (MK, G/B*, O, W) S	Fruit Jelly	Homemade Chocolate Cookie (E, MK, SO, G/W) V

THEME DAYS



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES

15 SEP / 6 OCT /
3 NOV / 24 NOV /
15 DEC

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