

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Quorn & Vegetable Stir Fry
(CE, MU*, SO, G/W)

V

Super Swirl Beefy Pasta
(G/W)

Roast Chicken with Gravy

Chicken & Sweetcorn Pizza
(MK, G/W)

Crispy Catch Fish & Chips
(F, G/B*, W)

VEGGIE



Veggie Cottage Pie

V S

Super Swirl Veggie Pasta
(G/W)

V S

Cheesy Veggie Hot Pot with Gravy
(CE, MK, G/W)

S

Cheesy Tomato Pizza
(MK, G/W)

Cheesy Mexican Veggie Burrito & Chips
(MK, G/W)

SIDES



Steamed Rice with Sweetcorn & Green Beans

V S

Carrots & Broccoli

V S

Rustic Roast Potatoes & Seasonal Vegetables

V S

Homemade Potato Wedges & Baked Beans

V S

Baked Beans or Peas

V

PASTA & JACKET



Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato with a Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

V S

PUD



Fruit Yoghurt
(MK)

Golden Pear Crumble with Custard
(MK, G/B*, O, W)

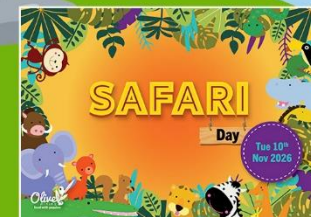
S

Fruit Yoghurt
(MK)

Lemon & Cardamom Drizzle Cake with Vanilla Sauce
(E, MK, SO*, SU, G/W)

Fruit Yoghurt
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

31 AUG / 21 SEP
12 OCT / 09 NOV / 30 NOV

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
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

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THURSDAY

FRIDAY

THEME DAYS

MAIN



Veggie Meatball Pasta with
Tomato & Basil Sauce
(SO, G/B*, O*, R*, W)

V S

Sweet & Sour Chicken
(CE)

Butcher's Sausage & Gravy
(SU, G/W)

Homemade Beefy Lasagne
(E*, MK, G/B*, W)

Captain's Crispy Fish
Fingers & Chips
(F, G/W)

VEGGIE



Roasted Butternut Squash
Topped Mac & Cheese
(MK, G/W)

S

Sweet & Sour Roasted
Vegetables

V S

Veggie Sausage & Gravy
(G/W)

V

Homemade Roasted Squash
& Root Vegetable Lasagne
(E*, MK, G/W)

S

Vegan Nuggets & Chips
(G/W)

V

SIDES



Peas & Sweetcorn

V S

Steamed Rice & Greens
Beans

V

Mashed Potato & Carrots
(MK)

S

Broccoli

V S

Baked Beans or Peas

V

PASTA & JACKET



Jacket Potato with a
Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

V S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

PUD



Fruit Yoghurt
(MK)

Chocolate Shortbread
Biscuit
(G/W)

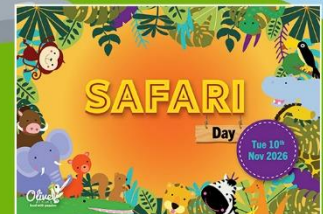
V

Fruit Yoghurt
(MK)

Caramel Banana Cake with
Custard
(E, MK, SO*, G/W)

Fruit Yoghurt
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

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WEEKLY MENU

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MONDAY

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FRIDAY

THEME DAYS

MAIN


Veggie Kebab with Pitta
(G/W)

V S

Cowboy Beef Chilli
(CE)

S

Roast Chicken with Gravy

Beef Bolognese with Pasta
(G/B*, W)

Crispy Catch Fish & Chips
(F, G/B*, W)

VEGGIE


Veggie Curry
(CE, G/B*, O*, R*, W*)

V S

Tex Mex Mild Veggie Chilli
(CE)

V S

Roast Jerk Quorn Fillet
(G/W)

V

Vegetable & Lentil
Bolognese with Pasta
(G/B*, W)

V S

Cheesy Pizza & Chips
(MK, G/W)

SIDES


Steamed Rice with
Sweetcorn & Green Beans

V S

Steamed Rice & Broccoli

V S

Rustic Roast Potatoes &
Seasonal Vegetables

V S

Peas & Sweetcorn

V S

Baked Beans or Peas

V

PASTA & JACKET


Jacket Potato with a
Choice of Fillings
(E, F, MK)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Tomato & Basil Gnocchi
(CE, E*, MK*, MU*, SO*,
G/W)

S

PUD


Fruit Yoghurt
(MK)

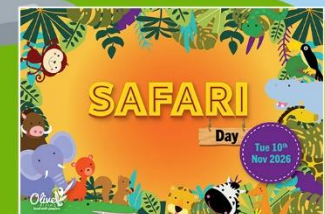
Chocolate Cake & Custard
(E, MK, SO*, G/W)

Fruit Yoghurt
(MK)

Mixed Berry Crumble with
Custard
(MK, G/W)

Fruit Yoghurt
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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