

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Pepperoni Pizza (MK, G/W)	Chicken Curry with Steamed Rice	Butcher's Sausage with Mashed Potato & Gravy (CE, MK, SO, SU, G/W)	Honey Glazed Chicken with Homemade Wedges (SO, G/W)	Salmon Fishcake & Chips (F, G/W)
<b>VEGGIE</b>	Margherita Pizza (MK, G/W)	Cherry Tomato & Spinach Pasta (CE, G/W)	Roasted Vegetable Filo Parcel with Homemade Tomato Sauce (G/W)	Vegetable Burger (SE*, G/W)	Vegan Nuggets & Chips (G/W)
<b>SIDES</b>	Homemade Potato Wedges & Green Salad  V	Sweetcorn	Roasted Carrots & Parsnips  V S	Homemade Potato Wedges with Carrots & Green Beans  V	Beans or Peas  V
<b>PASTA &amp; JACKET</b>	Jacket & Salad	Jacket & Salad	Tomato & Basil Pasta (CE, G/W)  V	Vegan Roasted Vegetable Pasta (G/W)  V	Tomato Pasta Bake (CE, MK, G/W)
<b>PUD</b>	Honey & Raisin Flapjack (G/B*, O, W*)	Caramel Apple Crumble with Custard (MK, G/W)  S	Lemon Drizzle Cake (E, MK, SO*, SU, G/W)	Fruit Jelly  V	Ice Cream with Fresh Fruit (MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

## THEME DAYS



## 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
<b>MAIN</b>	Hoi Sin Chicken Stir Fry (CE, MU*, SO, G/W)	Beef Burger (SE*, SO, SU, G/W)	Chicken Pie with Gravy (MK, G/W)	Spaghetti Beef & Lentil Bolognese (SO, G/W)	Fish Fingers & Chips (F, G/W)
<b>VEGGIE</b>	Veggie Supreme Pizza (MK, G/W)	Cheese & Tomato Pinwheel (MK, G/W)	Quorn & Vegetable Noodles (E, SO, G/W)	Quorn & Vegetable Curry with Rice (E)	Mac & Cheese (MK, G/W)
<b>SIDES</b>	Steamed Rice or Homemade Potato Wedges & Green Salad	Homemade Potato Wedges with Baked Beans or Green Salad <b>V</b>	Mashed Potato with Roasted Carrots & Parsnips or Stir Fried Greens	Carrots & Green Beans <b>V S</b>	Beans or Peas <b>V</b>
<b>PASTA &amp; JACKET</b>	Jacket & Salad	Vegan Roasted Vegetable Pasta (G/W) <b>V</b>	Tomato & Basil Pasta (CE, G/W) <b>V</b>	Jacket & Salad	Tomato Pasta Bake (CE, MK, G/W)
<b>PUD</b>	Rice Crispy Cake (MK, SO, G/B, W)	Fruit Jelly <b>V</b>	Apple Crumble with Custard (MK, G/W) <b>S</b>	Carrot Cake (E, MK, SO*, G/B*, O*, W) <b>S</b>	Ice Cream (MK)

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  
MO = MOLLUSCS

MU = MUSTARD  
N = NUTS  
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WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Chicken Noodles (E, SO, G/W)	Beef Lasagne With Lentils (E*, MK, G/B*, W)	Roast Chicken & Gravy	Beef & Lentil Keema Curry with Steamed Rice (G/B*, O*, R*, W*)	Battered Fish & Chips (F, G/W)
<b>VEGGIE</b>	Sweet Potato, Chickpea & Coconut Curry (CE, G/B*, O*, R*, W)	Quorn & Mixed Bean Chilli con Carne (E)	Winter Vegetable Quiche with Nut Free Pesto (E, MK, G/W)	Nut Free Pesto Pasta (MK, G/W)	Veggie Sausage Roll & Chips (MK*, SO, G/B, W)
<b>SIDES</b>	Stir Fried Greens or Steamed Rice with Sweetcorn	Steamed Rice & Green Beans	Rustic Roast Potato with Roasted Carrots & Parsnips	Green Salad	Beans or Peas
<b>PASTA &amp; JACKET</b>	Vegan Roasted Vegetable Pasta (G/W)	Jacket & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket & Salad	Tomato Pasta Bake (CE, MK, G/W)
<b>PUD</b>	Chocolate Cookie (E, MK, SO*, G/W)	Orange & Berry Cake (E, MK, SO*, G/W)	Fruit Jelly	Vanilla & Raisin Shortbread Biscuit (G/W)	Ice Cream with Fresh Fruit (MK)

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## THEME DAYS



## DATES

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

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