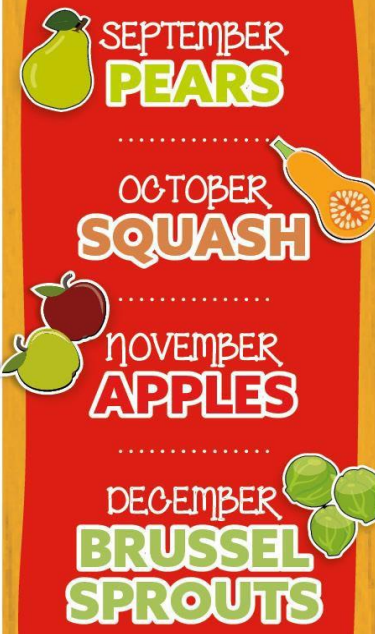


# Menu

week 1



Look for this logo on the menu to try a yummy seasonal special!

Monday      Tuesday      Wednesday      Thursday      Friday

## Mains

HAPPY TUMS

Pizza Margherita (G,Mk)	Chicken & sweetcorn Wholemeal Pasta (G)	roast pork sausages with pear puree & Gravy (G)	Lamb tagine (Su,Mu)	Fish Fingers with Tartar Sauce (G,F,E)
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## Veggie

MEAT FREE MAINS

Roast Vegetable Pizza (G,Mk)	Roast vegetable & sweetcorn pie (G,E,Mk)	Quorn Sausage with Pear puree & Gravy (G)	Sweet Potato and Butternut Tagine (Su,Mu)	Veg Finger with Tartar Sauce (G,E,Su)
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## veg

EXTRA GOOD

Peas & Sweetcorn	Carrots Green Beans	Carrots Steamed Green Beans	Mix Veg	Baked Beans Peas
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## carbs

FUEL FOOD

Potato Wedges (none)	Garlic Bread (G)	Mashed Potato	Steamed Rice (G)	Oven Baked Chips
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## Dessert

SOMETHING SWEET

Carrot cake (G,E,Mk)	Apple and Sunflower Seed Honey Bar (G)	Fruity Jelly (none)	pear crumble with custard (G,Mk)	Fruit salad
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

**DATES**  
Insert dates here

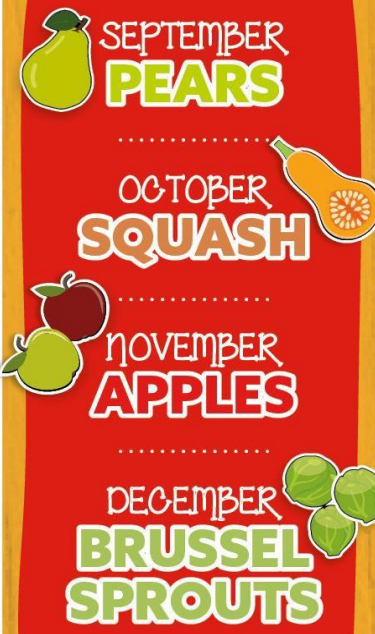
## Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide



# Menu

## Week 2



Look for this logo on the menu to try a yummy seasonal special!

Monday      Tuesday      Wednesday      Thursday      Friday

### Mains

HAPPY TUMS

Macaroni & Cheese Topped with Mozzarella & Crispy Onion <b>(G,Mk)</b>	Shepherds pie <b>(Ce,Mk)</b>	Roast beef with apple sauce & gravy <b>(none)</b>	chicken Thai curry <b>(NONE)</b>	Battered Pollock with Lemon Wedge <b>(E,G,F)</b>
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### Veggie

MEAT FREE MAINS

Roast broccoli & Garlic spaghetti <b>(G)</b>	Veggie shepherds pie <b>(Ce,Mk)</b>	Roasted Vegetable Crumble <b>(G)</b>	Eat Curious Vegetarian Curry <b>(NONE)</b>	Leek Cheddar and Sweetcorn Quiche <b>(G,E,Mk,Ce)</b>
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### veg

EXTRA GOOD

Sweetcorn Carrots	Broccoli Cauliflower	Kale Roasted Carrots	Green Beans Cauliflower	Garden Peas Baked Beans
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### Carbs

FUEL FOOD

Home Baked Garlic Focaccia <b>(G)</b>	Home Baked Focaccia <b>(G)</b>	Roast Potatoes	Steamed Rice	Oven Baked Chips
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### Dessert

SOMETHING SWEET

Lemon drizzle Cake <b>(G,E)</b>	Pear and Raisin Seed Bar <b>(G,Su)</b>	Fruity Jelly	Summer fruit cheesecake <b>(G,Mk,E)</b>	Fruit salad
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

### Dates

Insert dates here

### Allergens

Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals	Mk = Milk	N = Nuts	So = Soya
E = Eggs	containing Gluten	Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide



# Menu

Week 3



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Vegetable & bean burrito  
(G, Mk)

Lasagne  
(G,Mk)

Roast turkey breast with pear puree & gravy  
(none)

Chicken and Vegetable Hot Pot with Sauté Potato Topping  
(Mk)

Fish Fingers  
(G,F)



## Veggie

MEAT FREE MAINS

Mushroom risotto  
(Mk)

Vegetable Lasagne  
(G,Mk)

Vegetable enchiladas topped with mozzarella  
(G,Mk)

Seasonal Vegetable and Butternut Squash Hot Pot with Sauté Potato Topping  
(Mk)

Vegetable & Red Lentil Pastries  
(G,E,Su)



## veg

EXTRA GOOD

Peas & Sweetcorn

Steamed Cauliflower  
Green Beans

Steamed Carrots  
Cabbage

Medley of Steamed Green Vegetables

Garden Peas  
Baked Beans



## Carbs

FUEL FOOD

Wholegrain Rice

Garlic Focaccia  
(G)

Roast Potato

Oven Baked Chips

## Dessert

SOMETHING SWEET

Beetroot chocolate Cake  
(G,E)



Berry and Honey Bar  
(G)

Fruity Jelly

Pear & raisin Strudel With Custard  
(G,E,Mk)



Fruit salad



Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS



Look for this logo on the menu to try a yummy seasonal special!

## Dates

Insert dates here

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluses

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



