

WEEK 1 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Macaroni cheese with a crispy topping (So,Mk,E,G)

Chicken tikka masala (G), naan bread (Mk,G), mango chutney, mint and yoghurt sauce (Mk)

Sliced roast gammon and pan gravy (G,Ce), sage and onion stuffing (Mk,E,G) and apple sauce

Chilli con carne with mixed beans (Mu)

Breaded cod fish fingers (F,G) served with ketchup, lemon wedge and chunky tartare sauce (Su,Mu,Mk,E)

VEGETARIAN

Feta and spinach filo pie and chunky tomato sauce (Mk,E,G)

Spinach, sweet potato and lentil dahl (Mk,G), naan bread (Mk,G), mango chutney, mint and yoghurt sauce (Mk)

Baked gnocchi in a tomato and pepper sauce (Mk,E,G)

Spinach and cheddar wholemeal quiche (Mk,E,G)

Cheese and onion pattie (So,Se,Mk,E,G)

VEGGIES

Mash potatoes
...
Sweetcorn
...
Broccoli

Pilau rice (Mk)
...
Roasted cauliflower
...
Courgettes

Crispy roasted potatoes
...
Roasted carrots
...
Steamed cabbage

Mexican rice (G,Ce)
...
Green beans
...
Mashed swede(Mk)

Oven baked chips
...
Baked beans
...
Courgettes

PUDDING

Ginger Biscuit (G,Mk)

Pineapple Upside Down Cake With Custard (G,E,Mk)

Chocolate chip banana bread (So,Mk,E,G)

Apple and cinnamon Crumble served with Custard (G,Mk,E)

Double chocolate sponge (G,E,Mk)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

★ 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



ITALIAN DAY
24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER

WEEK 2 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Vegetable quesadilla with sour cream and cheese
(Mu,Mk,G)

Turkey and sweetcorn pie with shortcrust pie
(Mk ,G)

Classic cottage pie served with gravy
(Su,So,Mk,G,Ce)

Pork and sausage meat Wellington in puff pastry served with onion gravy
(Su,E,G)

Battered fish fillet (F,G) served with ketchup, lemon wedge and chunky tartare sauce
(Su,Mu,Mk,E)

VEGETARIAN

Vegetarian mince chilli con carne with sour cream
(Mu,Mk,E,Ce)

Spinach ,sweet potatoes and lentil Dahl
(G,Se)

Veggie cottage pie served with veggie gravy
(So,Mk,G,Ce)

Mediterranean vegetable lasagne served with garlic bread
(So,Mk,G)

Vegetarian Burgers
(Su,G,)

VEGGIES

Roasted butternut squash
...
Green beans
...
New potatoes

Mash potatoes
...
Chef's mixed salad
...
Cheese and chive coleslaw
(Su,Mu,Mk,E,G)

Crispy roasted potatoes
...
Roasted carrots
...
Steamed cabbage

Creamy mashed potato
(Mk)
...
Broccoli
...
Sweetcorn

Oven baked chips
...
Garden peas
...
Baked beans

PUDDING

Apricot and sultana oatly flapjack
(Su,G,Mk)

Sugar free spiced carrot cake with orange cream cheese frosting
(Mk,E,G)

Chocolate and raspberry brownie
(So,Mk,E,G)

Sticky Jamaican ginger cake
(E,Mk,G)

Raisin and oat cookie
(Mk,E,G)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



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WEEK 3 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

12" classic Margherita pizza (So,Mk,G)
Dipping sauces, garlic mayonnaise (E), sweet chilli sauce, bbq sauce

Pork sausages (Su,G) Or Chicken sausages (Su,G) with classic gravy (G)

Roast Herefordshire pork with apple sauce and gravy (G)

Tandoori chicken pieces, mint yoghurt and mango chutney (Mk,G,Ce)

Breaded cod fish fingers (F,G) served with ketchup, lemon wedge and chunky tartare sauce (Su,Mu,Mk,E)

VEGETARIAN

12" roasted vegetable pizza (So,Mk,G)
Dipping sauces, garlic mayonnaise (E), sweet chilli sauce, bbq sauce

Vegetarian sausages (Su,G) with veggie gravy (G)

Roast vegetarian loaf with veggie gravy (Mk,E,G,Ce)

Vegetarian mince keema pattie (So,Mu,E,G)

Spinach and pepper quiche (Mk,E,G)

VEGGIES

Potatoes wadges
...
Sweetcorn
...
Coleslaw
(E,Mu,Mk)

Creamy mash (Mk)
...
Sweet potato mash (Mk)
...
Garden peas
...
Baked beans

Crispy roast potatoes
...
Carrots
...
Leeks

Coriander rice
...
Cauliflower
...
Green beans

Baked oven chips
...
Baked beans
...
Garden peas

PUDDING

Lemon drizzle cake (Mk,E,G)

Marmalade pudding (Mk,E,G)

Strawberry fool (Mk)

Mini lemon and poppy seed muffin (Mk,E,G)

Sticky toffee pudding (Su,Mk,E,G)

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WEEK 4 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Pasta with Fresh Tomato and basil sauce (E,G)

Farm assured Italian organic beef lasagne (Mk,G)

Sliced roast turkey, roast gravy (G,Ce), sage and cranberry stuffing (Mk,E,G) with cranberry sauce (Su,So,Se)

Slow cooked shredded chicken tacos with spicy beans and sour cream (Su,So,Mu,Mk,G,Ce)

Battered fish fillet (F,G) Salmon fishcake (F,G) served with ketchup, lemon wedge and chunky tartare sauce (Su,Mu,Mk,E)

VEGETARIAN

Spanish omelette with potatoes, cheddar and peas (Mk,E)

Vegetarian lasagne (Mk,G)

Roasted vegetarian loaf and roast veggie pan gravy (Mk,E,G,Ce)

Pumpkin and lentil stew (G)

Arancini balls (Mk,E,G)

VEGGIES

Crushed new potatoes (Mk)
...
Aloo gobi spiced cauliflower
...
Leeks

Potato wedges
...
Coleslaw (E,Mk,Mu,Su,G)
...
BBQ beans (Su,So,G,Ce)

Crispy roasted potatoes
...
Steamed cabbage
...
Roasted carrots
...
Garden peas

Yellow rice
...
Sweetcorn
...
Broccoli

Baked oven chips
...
Garden peas
...
Mushy peas
...
Baked beans

PUDDING

Sugar-free Banana cake (Mk,E,G)

Nutless Bakewell tart (Mk,E,G)

Orange and ginger biscuits (Mk,E,G)

Mixed berry flapjack (Mk,G)

Warm chocolate brownie (Mk,E,G)

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