

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

**THEME DAYS**

## MAIN

|                                |                   |   |  |  |
|--------------------------------|-------------------|---|--|--|
| BBQ Chicken Pizza<br>(MK, G/W) | Piri Piri Chicken | Beef & Lentil Cottage Pie<br>(G/B*, W*) | Butter Chicken Curry<br>(G/B*, O*, R*, W*) | Battered Fish or Salmon<br>Fishcakes & Chips<br>(F, G/W) |
|--------------------------------|-------------------|---|--|--|

## VEGGIE

|                                   |  |   |   |                                |
|-----------------------------------|--|---|---|--------------------------------|
| Veggie Supreme Pizza<br>(MK, G/W) | Piri Piri Quorn & Veggies<br>(CE, E, MU, G/B, O*, R*, W) | Roasted Vegetable & Five Bean Cottage Pie<br>(MU*, SO*, G/B*, O*, R*, W*) | Chickpea & Vegetable Masala<br>(CE, MK, G/B*, O*, R*, W*) | Vegan Nuggets & Chips<br>(G/W) |
|-----------------------------------|--|---|---|--------------------------------|

## SIDES

|                                      |                            |                            |                            |               |
|--------------------------------------|----------------------------|----------------------------|----------------------------|---------------|
| Homemade Potato Wedges & Green Salad | Steamed Rice & Green Beans | Roasted Carrots & Parsnips | Steamed Rice & Green Beans | Beans or Peas |
|--------------------------------------|----------------------------|----------------------------|----------------------------|---------------|

## PASTA & JACKET

|  |                |                                   |                |                           |
|--|----------------|-----------------------------------|----------------|---------------------------|
| Vegan Roasted Vegetable Pasta<br>(G/W) | Jacket & Salad | Tomato & Basil Pasta<br>(CE, G/W) | Jacket & Salad | Mac & Cheese<br>(MK, G/W) |
|--|----------------|-----------------------------------|----------------|---------------------------|

## PUD

|  |  |   |  |                         |
|--|--|---|--|-------------------------|
| Orange & Berry Cake<br>(E, MK, SO*, G/W) | Chocolate & Orange Brownie<br>(E, MK, SO, G/B*, W) | Apple Crumble with Custard<br>(MK, G/W) | Carrot Cake<br>(E, MK, SO*, G/B*, O*, W) | Cinnamon Swirl<br>(G/W) |
|--|--|---|--|-------------------------|

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  
 CR = CRUSTACEAN      G = GLUTEN      G/R = RYE      MK = MILK      N = NUTS      SU = SULPHUR  
 E = EGGS      G/B = BARLEY      G/W = WHEAT      MO = MOLLUSCS      P = PEANUTS      SE = SESAME SEEDS

\* = MAY CONTAIN  
 V = VEGAN  
 S = SEASONAL VEG

LOVE BRITISH FOOD

FESTIVAL OF LIGHT

BONFIRE

Winter WONDERLAND



# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Hoi Sin Chicken Stir Fry  
(CE, MU\*, SO, G/W)

Beef Burger  
(SE\*, SO, SU, G/W)

Roast Chicken & Gravy

Beef & Lentil Bolognese  
Pasta Bake  
(MK, G/B\*, W)

Fish Fingers or Salmon  
Fishcake & Chips  
(F, G/W)

## MAIN



## VEGGIE

Hoi Sin Quorn & Vegetable  
Stir Fry  
(CE, E, MU\*, SO, G/W)

Vegetable Burger  
(SE\*, G/W)

Roasted Vegetable Filo  
Parcel with Homemade  
Tomato Sauce  
(G/W)

Mac & Cheese  
(MK, G/W)

Cheese & Tomato  
Pinwheel  
(MK, G/W)

## SIDES



Egg Fried Rice & Stir Fried  
Greens  
(E, SO, G/W)

Homemade Potato Wedges  
with Baked Beans or Green  
Salad

Rustic Roast Potatoes with  
Roasted Carrots & Parsnips

Mixed Green Salad &  
Coleslaw  
(E)

Beans or Peas

## PASTA & JACKET

Vegan Roasted Vegetable  
Pasta  
(G/W)

Jacket & Salad

Tomato & Basil Pasta  
(CE, G/W)

Jacket & Salad

Mac & Cheese  
(MK, G/W)

## PUD



Homemade Chocolate  
Cookie  
(E, MK, SO, G/W)

Yoghurt with Honey & Fruit  
(MK)

Winter Fruit Crumble with  
Custard  
(MK, G/B\*, O, W)

Orange Syrup Sponge with  
Vanilla Sauce  
(E, MK, SO\*, G/W)

Ice Cream with Fresh  
Fruit  
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

## 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  
P = PEANUTS  
SO = SOYA  
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**THEME DAYS**

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

**THEME DAYS**

## MAIN



|                    |  |  |  |   |
|--------------------|--|--|--|---|
| Jerk Chicken Curry | Beef Lasagne with Lentils<br>(E*, MK, G/B*, W) | Homemade Chicken Sausage Roll with Gravy<br>(E, G/W) | Honey Glazed Chicken with Homemade Wedges<br>(SO, G/W) | Battered Fish or Salmon Fishcakes & Chips<br>(F, G/W) |
|--------------------|--|--|--|---|

## VEGGIE



|   |  |   |  |  |
|---|--|---|--|--|
| Sweet Potato, Chickpea & Coconut Curry<br>(CE, G/B*, O*, R*, W) | Roasted Squash & Root Vegetable Lasagne<br>(E*, MK, G/W) | Homemade Roast Vegetable & Stuffing Roll<br>(G/W) | Honey Glazed Quorn with Homemade Wedges<br>(SO, G/W) | Veggie Sausage Roll & Chips<br>(MK*, SO, G/B, W) |
|---|--|---|--|--|

## SIDES



|                              |                   |   |                       |               |
|------------------------------|-------------------|---|-----------------------|---------------|
| Rice & Peas with Green Beans | Mixed Green Salad | Rustic Roast Potatoes with Roasted Carrots & Parsnips | Carrots & Green Beans | Beans or Peas |
|------------------------------|-------------------|---|-----------------------|---------------|

## PASTA & JACKET



|  |                |                                   |                |                           |
|--|----------------|-----------------------------------|----------------|---------------------------|
| Vegan Roasted Vegetable Pasta<br>(G/W) | Jacket & Salad | Tomato & Basil Pasta<br>(CE, G/W) | Jacket & Salad | Mac & Cheese<br>(MK, G/W) |
|--|----------------|-----------------------------------|----------------|---------------------------|

## PUD



|   |             |   |   |  |
|---|-------------|---|---|--|
| Banana Cake with Custard<br>(E, MK, SO*, G/W) | Fruit Jelly | Lemon Drizzle Cake<br>(E, MK, SO*, SU, G/W) | Caramel Apple Crumble with Custard<br>(MK, G/W) | Vanilla & Raisin Shortbread Biscuit<br>(G/W) |
|---|-------------|---|---|--|

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

## DATES

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

## ALLERGENS

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