






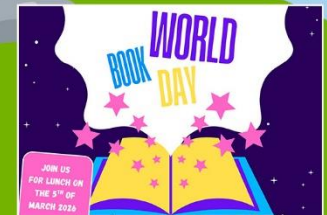
# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> 	Jerk Chicken Curry	Beef Burger (SE*, SO, SU, G/W)	Roast Chicken & Gravy	Beef & Lentil Keema Curry (G/B*, O*, R*, W*)	Fish Fingers or Salmon Fishcake & Chips (F, G/B*, W)
<b>VEGGIE</b> 	Sweet Potato, Chickpea & Coconut Curry (CE, G/B, O, R, W)	Vegetable Burger (SE*, G/W)	Roasted Root Vegetable Pie & Gravy (CE, G/W)	Vegetable & Lentil Keema (CE, G/B, O, R, W)	Vegan Nuggets & Chips (G/W)
<b>SIDES</b> 	Rice & Peas with Green Beans (CE)	Homemade Potato Wedges & Green Salad	Rustic Roast Potatoes with Roasted Carrots & Parsnips	Steamed Rice & Green Beans	Baked Beans & Peas
<b>PASTA &amp; JACKET</b> 	Vegan Roasted Vegetable Pasta (G/W)	Jacket Potato & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
<b>PUD</b> 	Banana Cake & Custard (E, MK, SO*, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B, W)	Apple Crumble & Custard (MK, G/W)	Carrot Cake (E, MK, SO*, G/B, O, W)	Ice Cream (MK)

## THEME DAYS



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

## DATES

05 JAN / 26 JAN  
23 FEB / 16 MAR /

## 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

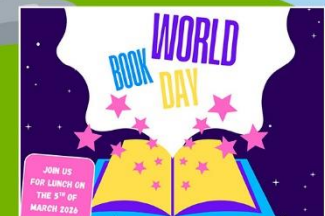
# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> 	Beef & Lentil Lasagne (E*, MK, G/B*, W)  S	Mexican Chicken	Beef Mince Casserole (G/B*, W*)	Butter Chicken Curry (G/B*, O*, R*, W*)	Battered Fish or Salmon Fishcake & Chips (F, G/B*, W)
<b>VEGGIE</b> 	Roasted Squash & Root Vegetable Lasagne (E*, MK, G/W)  S	Mexican Quorn & Veggies (CE, E, MU, G/B, O*, R*, W*)	Vegetable & Bean Casserole (CE, G/B*, W*)  V S	Chickpea & Vegetable Masala (CE, MK, MU*, G/B*, O*, R*, W)  S	Margherita Pizza & Chips (MK, G/W)
<b>SIDES</b> 	Garlic Bread & Green Salad (MK, SO*, G/W)	Steamed Rice & Green Beans  V	Rustic Roast Potatoes with Roasted Carrots & Parsnips  V S	Steamed Rice & Green Beans  V	Beans or Peas  V
<b>PASTA &amp; JACKET</b> 	Vegan Roasted Vegetable Pasta (G/W)  V	Jacket Potato & Salad	Tomato & Basil Pasta (CE, G/W)  V	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
<b>PUD</b> 	Homemade Chocolate Cookie (E, MK, SO*, G/W)	Iced Vanilla Sponge (E, MK, SO*, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B, W)	Orange & Berry Cake (E, MK, SO*, G/W)	Cinnamon Swirl (G/W)  V
<b>DAILY SALAD BAR   HOMEMADE BREAD   FRESH FRUIT</b>					

## THEME DAYS



## DATES

12 JAN / 02 FEB  
02 MAR / 23 MAR /

## 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

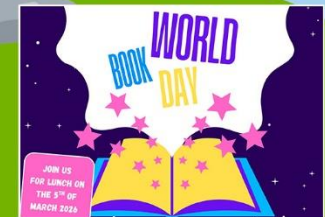
WEEK 1  
WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> 	BBQ Glazed Chicken Wrap (G/W)	Beef & Lentil Bolognese Pasta Bake (MK, G/B*, W*) <b>S</b>	Homemade Chicken Sausage Roll & Gravy (E, G/W)	Pepperoni Pizza (CE*, E*, MK, MU*, SO*, G/W)	Battered Fish or Salmon Fishcake & Chips (F, G/B*, W)
<b>VEGGIE</b> 	BBQ Glazed Quorn Wrap & Wedges (E, G/W)	Mac & Cheese (MK, G/W)	Homemade Roast Vegetable & Stuffing Roll (G/W) <b>V</b>	Cheese & Tomato Pizza (MK, G/W)	Veggie Sausage Roll & Chips (MK*, SO, G/B*, O*, W)
<b>SIDES</b> 	Carrots & Green Beans <b>V S</b>	Mixed Green Salad <b>V</b>	Rustic Roasted Potatoes with Roasted Carrots & Parsnips <b>V S</b>	Homemade Potato Wedges & Green Salad <b>V</b>	Beans or Peas <b>V</b>
<b>PASTA &amp; JACKET</b> 	Vegan Roasted Vegetable Pasta (G/W) <b>V</b>	Jacket Potato & Salad	Tomato & Basil Pasta (CE, G/W) <b>V</b>	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
<b>PUD</b> 	Sprinkle Sponge Cake & Custard (E, MK, SO*, G/W)	Fruit Jelly <b>V</b>	Lemon Drizzle Cake (E, MK, SO*, SU, G/W)	Orange Syrup Sponge & Vanilla Sauce (E, MK, SO*, G/W)	Vanilla & Raisin Shortbread Biscuit (G/W) <b>V</b>

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

## THEME DAYS



## DATES

19 JAN / 09 FEB  
09 MAR /

## ALLERGENS

CE = CELERY      F = FISH      G/O = OATS      L = LUPIN      MU = MUSTARD      SO = SOYA      \* = MAY CONTAIN  
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