

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Jerk Chicken Curry

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

Roast Chicken & Gravy

Beef & Lentil Keema Curry
(G/B*, O*, R*, W*)

Battered Fish or Salmon
Fishcake & Chips
(F, G/B*, W)

VEGGIE


Sweet Potato, Chickpea &
Coconut Curry
(CE, G/B, O, R, W)

Vegetable Burger
(SE*, G/W)

Roasted Root Vegetable
Pie with Gravy
(CE, G/W)

Vegetable & Lentil Keema
(CE, G/B, O, R, W)

Vegan Nuggets & Chips
(G/W)

SIDES


Rice & Peas with Green
Beans
(CE)

Homemade Potato Wedges
& Green Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Steamed Rice & Green
Beans

Beans or Peas

PASTA & JACKET


Vegan Roasted Vegetable
Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

PUD


Banana Cake & Custard
(E, MK, SO*, G/W)

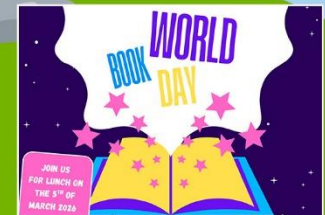
Chocolate & Orange
Brownie
(E, MK, SO, G/B, W)

Apple Crumble & Custard
(MK, G/W)

Carrot Cake
(E, MK, SO*, G/B, O, W)

Yoghurt
(MK)

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

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THURSDAY

FRIDAY

THEME DAYS

MAIN


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)

VEGGIE


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

Cheesy Calzone & Chips
(MK, G/W)

SIDES


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

PASTA & JACKET


Jacket Potato & Salad
Vegan Roasted Vegetable
Pasta
(G/W)

V

Jacket Potato & Salad
Mac & Cheese
(MK, G/W)

Jacket Potato & Salad

PUD


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

Iced Vanilla Sponge
(E, MK, SO*, G/W)

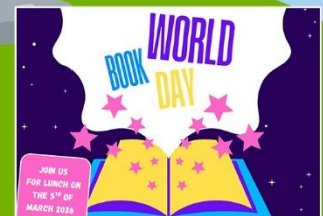
Chocolate & Orange
Brownie
(E, MK, SO, G/B, W)

Orange & Berry Cake
(E, MK, SO*, G/W)

Cinnamon Swirl
(G/W)

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

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MONDAY

TUESDAY

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THURSDAY

FRIDAY

THEME DAYS

MAIN



BBQ Glazed Chicken Wrap
& Wedges
(G/W)

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

Homemade Chicken
Sausage Roll & Gravy
(E, G/W)

Pepperoni Pizza
(CE*, E*, MK, MU*, SO*,
G/W)

Battered Fish & Chips
(F, G/B*, W)

S

VEGGIE



BBQ Glazed Quorn Wrap &
Wedges
(E, G/W)

Mac & Cheese
(MK, G/W)

Homemade Roast
Vegetable & Stuffing Roll
(G/W)

Cheese & Tomato Pizza
(MK, G/W)

Veggie Sausage Roll &
Chips
(MK*, SO, G/B*, O*, W)

V

SIDES



Carrots & Green Beans

Mixed Green Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Homemade Potato Wedges
& Green Salad

Beans or Peas

V S

V

V S

V

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



Sprinkle Sponge Cake &
Custard
(E, MK, SO*, G/W)

Fruit Jelly

Lemon Drizzle Cake
(E, MK, SO*, SU, G/W)

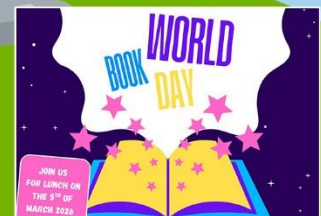
Orange Syrup Sponge &
Vanilla Sauce
(E, MK, SO*, G/W)

Vanilla & Raisin
Shortbread Biscuit
(G/W)

V

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

19 JAN / 09 FEB
09 MAR /

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