

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Jerk Vegetable Curry
(CE, G/B*, O*, R*, W*)

V S

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

Roast Chicken & Gravy

Quorn & Vegetable Curry
(E)

S

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

VEGGIE



Vegetable & Lentil
Spaghetti Bolognese
(G/B*, W)

V S

Vegetable Burger
(SE*, G/W)

V

Veggie Sausage with
Mashed Potato & Gravy
(MK, G/W)

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

V

Margherita Pizza & Chips
(MK, G/W)

SIDES



Rice & Peas with Green
Beans
(CE)

V

Homemade Potato Wedges
& Green Salad

V

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

V S

Steamed Rice & Green
Beans

V

Baked Beans & Peas

V

PASTA & JACKET



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)

PUD



Yoghurt
(MK)

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

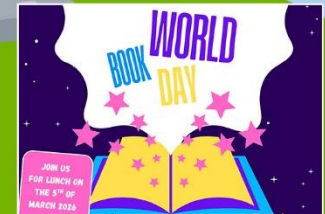
Yoghurt
(MK)

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

S

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

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THURSDAY

FRIDAY

THEME DAYS

MAIN



Creamy Pesto Pasta
(MK, G/W)

Mexican Chicken

Beef & Lentil Cottage Pie
(G/B*, W)

Sweet & Sour Quorn & Vegetables
(CE, E)

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

VEGGIE



Vegetable & Lentil Spaghetti Bolognese
(G/B*, W)

Quorn & Vegetable Noodles
(E, SO, G/W)

Roasted Vegetable & Five Bean Cottage Pie

Chickpea & Vegetable Masala
(CE, MK, MU*, G/B*, O*, R*, W)

Butternut Squash & Spinach Tarkha Dahl
(CE, G/B*, O*, R*, W*)

SIDES



Mixed Green Salad & Coleslaw
(E)

Steamed Rice & Green Beans

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



Yoghurt
(MK)

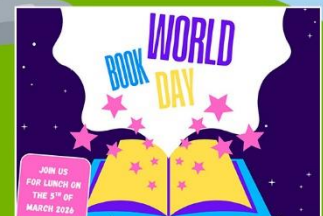
Homemade Chocolate Cookie
(E, MK, SO*, G/W)

Yoghurt
(MK)

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

Yoghurt
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

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WEEKLY MENU

WEEK 1
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MONDAY

TUESDAY

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THURSDAY

FRIDAY

THEME DAYS

MAIN



BBQ Beans with Steamed Rice

V

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

S

Chicken Pie with Gravy
(MK, G/B, W)

Veggie Supreme Pizza
(MK, G/W)

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

VEGGIE



Vegetable & Lentil Spaghetti Bolognese
(G/B*, W)

V S

Mac & Cheese
(MK, G/W)

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

V S

Vegetable Kebab with Pitta
(G/W)

V

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

SIDES



Carrots & Green Beans

V S

Mixed Green Salad

V

Rustic Roast Potatoes with Roasted Carrots & Parsnips

V S

Homemade Potato Wedges & Green Salad

V

Beans or Peas

V

PASTA & JACKET



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)

PUD



Yoghurt
(MK)

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

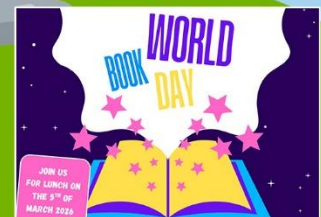
Yoghurt
(MK)

Fruit Jelly

V

Yoghurt
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

19 JAN / 09 FEB
09 MAR /

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