

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



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

V S

Super Swirl Beefy Pasta
(G/W)

Garden Patch Pie
(CE, G/B*, W*)

V S

Chicken & Tomato Pasta Bake
(CE, MK, G/W)

S

Captain's Crispy Fish Fingers or Salmon Fishcake & Chips
(F, G/W)

VEGGIE



Veggie Cottage Pie

V S

Sweet & Sour Roasted Vegetables

V S

Vegetable Biryani
(CE, SU, G/B*, O*, R*, W*)

V S

Veggie Hot Dog
(SE*, SO*, G/W)

Vegan Nuggets & Chips
(G/W)

V

SIDES



Steamed Rice with Sweetcorn & Green Beans

V S

Carrots & Broccoli

V S

Rustic Roast Potatoes & Seasonal Vegetables

V S

Sweetcorn & Carrots

V S

Baked Beans or Peas

V

PASTA & JACKET



Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato with a Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

V S

PUD



Fruit Yoghurt
(MK)

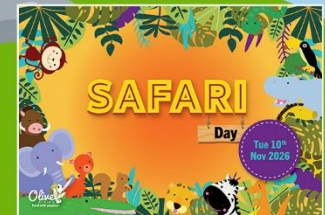
Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

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

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

31 AUG / 21 SEP
12 OCT / 09 NOV / 30 NOV

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
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MONDAY

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THEME DAYS

MAIN



Veggie Meatball Pasta with Tomato & Basil Sauce
(SO, G/B*, O*, R*, W)

V S

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

Lightly Spiced Chicken

Homemade Beefy Lasagne
(E*, MK, G/B*, W)

Chicken Nuggets & Chips
(CE, G/W)

VEGGIE



Roasted Butternut Squash Topped Mac & Cheese
(MK, G/W)

S

Tuscan Vegetable Pasta
(MK, G/W)

S

Veggie Sausage & Gravy
(G/W)

V

Homemade Roasted Squash & Root Vegetable Lasagne
(E*, MK, G/W)

S

Veggie Burger & Chips
(SE*, G/W)

V

SIDES



Peas & Sweetcorn

V S

Steamed Rice with Carrots & Green Beans

V S

Paprika Diced Potatoes & Sweetcorn

V S

Broccoli

V S

Baked Beans or Peas

V

PASTA & JACKET



Jacket Potato with a Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

V S

Jacket Potato with a Choice of Fillings
(E, F, MK)

PUD



Fruit Yoghurt
(MK)

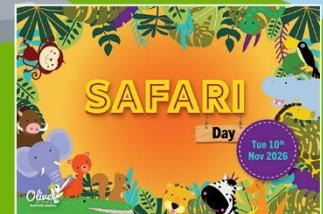
Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

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

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

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THEME DAYS

MAIN



Nut Free Pesto Pasta
(MK, G/W)

Cowboy Beef Chilli
(CE)

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

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

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

S

V S

V S

VEGGIE



Butter Plant Based Curry
(CE, G/B*, O*, R*, W*)

Tuscan Vegetable Pasta
(MK, G/W)

Vegetable Biryani
(CE, SU, G/B*, O*, R*, W*)

Cheese & Tomato Pasta
Bake
(CE, MK, G/W)

Vegan Nuggets & Chips
(G/W)

V S

S

V S

V

SIDES



Broccoli

Steamed Rice & Broccoli

Rustic Roast Potatoes &
Seasonal Vegetables

Rice & Peas
(CE)

Baked Beans or Peas

V S

V S

V S

V S

V

PASTA & JACKET



Jacket Potato with a
Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

S

PUD



Fruit Yoghurt
(MK)

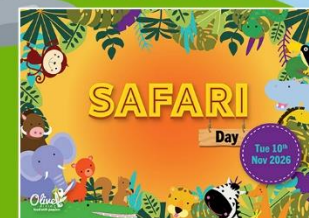
Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

West Indian Fruit Cake
(E, MK, SO*, G/W)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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