

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Margherita Pizza
(MK, G/W)

Piri Piri Chicken

Butcher's Sausage with
Mashed Potato & Gravy
(CE, MK, SO, SU, G/W)

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

Battered Fish & Chips
(F, G/W)

VEGGIE



Veggie Supreme Pizza
(MK, G/W)

Piri Piri Quorn & Veggies
(CE, E, MU, G/B, O*, R*, W)

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

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

Vegan Nuggets & Chips
(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
(G/W)

Jacket & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket & Salad

Mac & Cheese
(MK, G/W)

PUD



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

Fruit Jelly

Yoghurt
(MK)

Caramel Apple Crumble
with Custard
(MK, G/W)

Cinnamon Swirl
(G/W)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

1 SEP / 22 SEP /
13 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
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

THEME DAYS

MAIN



Sweet & Sour Quorn & Vegetables
(CE, E)

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

Roast Chicken & Gravy

Cherry Tomato & Spinach Pasta
(CE, G/W)

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

VEGGIE



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

Vegetable & Lentil Keema Curry
(E, G/B, 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)

Steamed Rice & Green Beans

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)

Apple Crumble with Custard
(MK, G/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 /
3 NOV / 24 NOV /
15 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
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

THEME DAYS

MAIN



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

V

Beef Lasagne with Lentils
(E*, MK, G/B*, W)

Chicken Pie with Gravy
(MK, G/W)

BBQ Vegetables &
Chickpeas with Homemade
Wedges
(CE, G/B*, O*, R*, W*)

V

Battered Fish or Salmon
Fishcakes & Chips
(F, G/W)

VEGGIE



Veggie Chilli Jacket Potato

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

S

Roasted Root Vegetable Pie
with Gravy

V

Honey Glazed Quorn with
Homemade Wedges
(SO, G/W)

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

SIDES



Rice & Peas with Green
Beans

V

Mixed Green Salad

V

Mashed Potato, Roast
Carrots & Parsnips
(MK)

S

Carrots & Green Beans

V S

Beans or Peas

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

V

Jacket & Salad

Tomato & Basil Pasta
(CE, G/W)

V

Jacket & Salad

Mac & Cheese
(MK, G/W)

PUD



Yoghurt
(MK)

Fruit Jelly

V

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

V

Caramel Apple Crumble
with Custard
(MK, G/W)

S

Vanilla & Raisin
Shortbread Biscuit
(G/W)

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

15 SEP / 6 OCT /
10 NOV / 1 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
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG