

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)

Roast Chicken with Gravy

Veggie Supreme Pizza
(MK, G/W)

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

VEGGIE



Smokey BBQ Pulled
Jackfruit

V

Super Swirl Veggie Pasta
(G/W)

V S

Cheesy Veggie Hot Pot with
Gravy
(CE, MK, G/W)

S

Cheesy Tomato Pizza
(MK, G/W)

Cheesy Mexican Veggie
Burrito & Chips
(MK, G/W)

SIDES



Steamed Rice with
Sweetcorn & Green Beans

V S

Carrots & Broccoli

V S

Rustic Roast Potatoes &
Seasonal Vegetables

V S

Homemade Potato Wedges
& Baked Beans

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



Summer Fruit Cheesecake
(E*, MK, SO*, G/B*, O*, R*,
W)

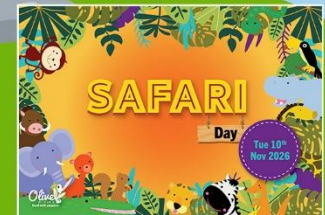
Fruit Yoghurt
(MK)

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

Fruit Yoghurt
(MK)

Vanilla Sponge with
Chocolate Sauce
(E, MK, SO*, 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

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THEME DAYS

MAIN



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

V S

Mild Chicken Tikka Masala
(MK, G/B*, O*, R*, W*)

S

Lightly Spiced Chicken

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

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

VEGGIE



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

S

Mild Vegetable Tikka
Masala
(MK, G/B*, O*, R*, W*)

S

Lightly Spiced 'Plant
Based' Chickn

V

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

S

Veggie Kebab with Pitta
(G/W)

V S

SIDES



Peas & Sweetcorn

V S

Steamed Rice with Carrots
& Green Beans

V S

Paprika Diced Potatoes &
Sweetcorn

V S

Broccoli

V S

Homemade Potato
Wedges & Baked Beans

V S

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



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

S

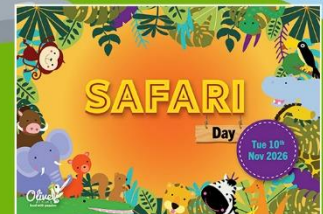
Fruit Yoghurt
(MK)

Oat & Berry Cake with Fruit
Coulis
(E, MK, SO*, G/B*, O, W)

Fruit Yoghurt
(MK)

Lemon Drizzle Cake
(E, MK, SO*, SU, 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)

Roast Chicken with Gravy

Jerk Chicken Curry
(CE)

Salmon Fishcake & Chips
(F, G/W)

S

S

VEGGIE



Sticky Veggie Pasta
Surprise
(CE, G/W)

Tex Mex Mild Veggie Chilli
(CE)

Roast Jerk Quorn Fillet
(G/W)

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

Veggie Kebab with
Pitta
(G/W)

V S

V S

V

V S

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



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

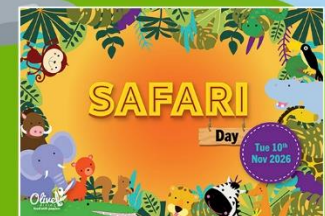
Fruit Yoghurt
(MK)

Oaty Crunch Cookie
(MK*, G/B*, O, W)

Fruit Yoghurt
(MK)

Chocolate Cake &
Custard
(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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