

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	BBQ Chicken Pizza (MK, G/W)	Sweet & Sour Chicken (CE)	Beef & Lentil Cottage Pie (G/B*, W*)	Spaghetti Beef & Lentil Bolognese (G/B*, W)	Battered Fish or Salmon Fishcakes & Chips (F, G/W)
VEGGIE 	Veggie Supreme Pizza (MK, G/W)	Sweet & Sour Butternut Squash & Vegetables (CE) V	Roasted Vegetable & Five Bean Cottage Pie (MU*, SO*, G/B*, O*, R*, W*) V S	Vegetable & Lentil Bolognese (G/B*, W*) V	Vegan Nuggets & Chips (G/W) V
SIDES 	Homemade Potato Wedges & Green Salad V	Egg Fried Rice & Stir Fried Greens (E, SO, G/W)	Roasted Carrots & Parsnips V S	Green Salad & Coleslaw (E)	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 	Orange & Berry Cake (E, MK, SO*, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B*, W)	Apple Crumble with Custard (MK, G/W) S	Carrot Cake (E, MK, SO*, G/B*, O*, W) S	Cinnamon Swirl (G/W) V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



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



Hoi Sin Chicken Stir Fry
(CE, MU*, SO, G/W)

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

Roast Chicken & Gravy

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

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

VEGGIE



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

Vegetable Burger
(SE*, G/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)

Homemade Potato Wedges
with Baked Beans or Green
Salad

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)

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

Winter Fruit Crumble with
Custard
(MK, G/B*, O, 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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Jerk Chicken Curry

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

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

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

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

VEGGIE



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

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

Homemade Roast
Vegetable & Stuffing Roll
(G/W)

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

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

V S

S

V

SIDES



Rice & Peas with Green
Beans

Mixed Green Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Carrots & Green Beans

Beans or Peas

V

V

V S

V S

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



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

Fruit Jelly

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

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

Vanilla & Raisin
Shortbread Biscuit
(G/W)

V

S

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

15 SEP / 6 OCT /
10 NOV / 1 DEC

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