

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



BBQ Chicken Pizza
(MK, G/W)

Piri Piri Chicken

Chicken Pie with Gravy
(MK, G/W)

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

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

V

VEGGIE



Veggie Supreme Pizza
(MK, G/W)

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

Roasted Root Vegetable
Pie with Gravy

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

Vegan Nuggets & Chips
(G/W)

V

S

V

SIDES



Homemade Potato Wedges
& Green Salad

Steamed Rice & Green
Beans

Mashed Potato, Roast
Carrots & Parsnips
(MK)

Steamed Rice & Green
Beans

Beans or Peas

V

V

S

V

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



Yoghurt
(MK)

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

Apple Crumble with
Custard
(MK, G/W)

Yoghurt
(MK)

Cinnamon Swirl
(G/W)

S

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

1 SEP / 22 SEP /
13 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

WEEKLY MENU

WEEK 1
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WEEK 3



MONDAY

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THURSDAY

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THEME DAYS

MAIN



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

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

Roast Chicken & Gravy

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

V

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)

V

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

V

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

V S

Mixed 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



Yoghurt
(MK)

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

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

S

Yoghurt
(MK)

Ice Cream with Fresh
Fruit
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

8 SEP / 29 SEP /
20 OCT / 17 NOV /
8 DEC

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Chicken Curry

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



Quorn & Vegetable Curry
(E)

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)

Yoghurt
(MK)

Vanilla & Raisin
Shortbread Biscuit
(G/W)
V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

15 SEP / 6 OCT /
3 NOV / 24 NOV /
15 DEC

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