

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



**DF Veggie Supreme
Pizza
(G/W)**

**Sweet & Sour butternut
Squash & Vegetables
(CE)**

**Roasted Root Vegetable Pie &
Gravy**

Vegetable Stir Fry

**Vegan Nuggets & Chips
(G/W)**

SIDES



**Homemade Potato
Wedges & Green
Salad**

**Steamed Rice & Stir Fried
Greens**

**Boiled Potatoes with Roasted
Carrots & Parsnips**

S

**Steamed Rice &
Green Beans**

Beans or Peas

**PASTA &
JACKET**



**Vegan Roasted
Vegetable Pasta
(G/W)**

Jacket Potato & Salad

**Tomato & Basil
Pasta
(CE, G/W)**

Jacket Potato & Salad

**DF Mac & Cheese
(G/W)**

PUD



**Chef's Allergen Free
Cake**

**Chef's Allergen Free
Cake**

**Apple Crumble
(G/W)**

Fresh Fruit

**Cinnamon Swirl
(G/W)**

Daily Salad Bar| 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

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THEME DAYS

MAIN



Stir Fried Vegetables

**Vegetable Burger
(SE*, G/W)**

**Roasted Vegetable Cottage
Pie**

**DF Mac & Cheese
(G/W)**

**DF Cheese & Tomato
Pizza
(G/W)**

SIDES



**Steamed Rice & Stir
Fried Greens**

**Homemade Potato Wedges
with Baked Beans or Green
Salad**

**Rustic Roast Potatoes with
Roasted Carrots & Parsnips**

Mixed Green Salad

Beans or Peas

S

**PASTA &
JACKET**



**Vegan Roasted
Vegetable Pasta
(G/W)**

Jacket Potato & Salad

**Tomato & Basil
Pasta
(CE, G/W)**

Jacket Potato & Salad

**DF Mac & Cheese
(G/W)**

PUD



Fruit Jelly

**Chef's Allergen Free
Cake**

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

Fresh Fruit

Fruit Jelly

S

Daily Salad Bar| Fresh Fruit



DATES

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

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THEME DAYS

MAIN



DF Tomato & Basil Pasta
(G/ W)

DF Roasted Squash &
Root Vegetable Pasta
(G/W)

Roasted Root Vegetable Pie
with Gravy

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

Vegan Nuggets & Chips
(G/W)

SIDES



Green Salad

Mixed Green Salad

Boiled Potatoes with Roasted
Carrots & Parsnips



Carrots & Green Beans

Beans or Peas

PASTA & JACKET



Vegan Roasted
Vegetable Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil
Pasta
(CE, G/W)

Jacket Potato & Salad

DF Mac & Cheese
(G/W)

PUD



Fruit Jelly

Fruit Jelly

Chef's Allergen Free Cake

Fresh Fruit

Vanilla & Raisin
Shortbread Biscuit
(G/W)

Daily Salad Bar| Fresh Fruit



DATES

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

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