

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	BBQ Chicken Pizza (MK, G/W)	Sweet & Sour Chicken (CE)	Chicken Pie with Gravy (MK, G/W)	Chicken Noodles (E, SO, G/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 Root Vegetable Pie with Gravy V	Quorn & Vegetable Noodles (E, SO, G/W)	Vegan Nuggets & Chips (G/W) V
SIDES 	Homemade Potato Wedges & Green Salad V	Wholegrain Egg Fried Rice & Stir Fried Greens (E, SO, G/W)	Mashed Potato, Roast Carrots & Parsnips (MK) S	Stir Fried Greens V	Beans or Peas V
PASTA & JACKET 	Wholemeal Vegan Roasted Vegetable Pasta (G/W)	Jacket & Salad	Wholemeal Tomato & Basil Pasta (CE, G/W)	Jacket & Salad	Wholemeal Macaroni Pasta (MK, G/W)
PUD 	Yoghurt (MK)	Chocolate & Orange Brownie (E, MK, SO, G/B*, W)	Apple Crumble with Custard (MK, G/W) S	Yoghurt (MK)	Cinnamon Swirl (G/W) V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



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

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

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 Burger
(SE*, G/W)

Roasted Vegetable Filo
Parcel with Homemade
Tomato Sauce
(G/W)

Wholemeal Mac & Cheese
(MK, G/W)

Cheese & Tomato
Pinwheel
(MK, G/W)

SIDES



Wholegrain 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



Wholemeal Vegan
Roasted Vegetable Pasta
(G/W)

Jacket & Salad

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

Jacket & Salad

Wholemeal Macaroni
Pasta
(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)

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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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Wholemeal Creamy
Chicken Pesto Pasta
(MK, G/W)

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



Tomato & Basil Gnocchi
(CE, E*, MK*, MU*, SO*,
G/W)

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



Green Salad & Coleslaw
(E)

Mixed Green Salad
V

Mashed Potato, Roast
Carrots & Parsnips
(MK)
S

Carrots & Green Beans
V S

Beans or Peas
V

PASTA & JACKET



Wholemeal Vegan
Roasted Vegetable Pasta
(G/W)

Jacket & Salad

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

Jacket & Salad

Wholemeal Macaroni
Pasta
(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

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DATES

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

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