

WEEK 1 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Vegetarian Moroccan stew (Chickpeas in a spice tomato sauce) (G)

Spaghetti Bolognese (Lamb) (G)

Roast chicken and gravy

Chilli con carne with mixed beans (Mu)

Breaded cod fish fingers (F,G) served with ketchup

VEGETARIAN

Tarka Dahl with spinach (MK)

Quorn Bolognese (Mk,G)

Vegetable risotto (MK)

Spinach frittata with cherry tomato (Mk,E,G)

Cheese and onion pattie (So,Se,Mk,E,G)

VEGGIES

Steamed rice

Sweetcorn
...
Broccoli

cauliflower
...
Courgettes

Crispy roasted potatoes
...
Roasted carrots
...
Steamed green beans

Mexican rice (G,Ce)
...
Steamed cabbage
...
Diced swede

Oven baked chips
...
Baked beans
...
Peas

PUDDING

Chocolate cake (MK,E,G)

Sugar free Mixed berry flapjack (G,MK)

Chocolate and raisin rice crispy cake (MK)

Sugar free Orange and poppy seed cake (MK,E,G)

Jam sponge and coconut (Mk,E,G)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



ITALIAN DAY
24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER

★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Week 1 commencing:
2 March, 30 March, 11 May, 15 June, 13 July, 21
September, 19 October

WEEK 2 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Cheese pasta with a crispy topping
(SO,MK,E,G)

Farm assured chicken sausages with gravy
(SU,MK,E,G)

Roast Turkey with Gravy
(G)

Beef Lasagne
(G,MK)
Served with garlic bread
(SO,MK,G)

Cheese and tomato pizza
(MK,G)

VEGETARIAN

Cheesy tuna pasta bake
(MK,F,G)

Vegetarian sausage with vegetable gravy
(SO,G)

Roast pepper and tomato bake
(G,MK)

Mediterranean vegetable lasagne served with garlic bread
(So,Mk,G)

Quorn frankfurter a bun
(G,MK)

VEGGIES

Mixed vegetables

Creamy mashed potatoes
(MK)

...

Baked beans

...

Garden peas

Crispy roasted potatoes

...

Roasted carrots

...

Green beans

Broccoli

...

Sweetcorn

Oven baked chips

...

Garden peas

...

Baked beans

PUDDING

Shresbury cake
(Mk,E,G)

Sugar free spiced Banana cake
(Mk,E,G)

Eves pudding
(Mk,G,SO)

Sugar Free Date and apricot flapjack
(MK,G)

Lemon baked cheese cake
(Mk,E,G)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

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24TH SEPTEMBER



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15TH OCTOBER



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NATIONAL COOKIE DAY
3RD DECEMBER

Week 2 commencing:
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September, 19 October

WEEK 3 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Chunky tomato and basil pasta
(MK,G)

Minced beef Keema
(Curried minced beef)
(G)

Roast Beef and gravy
none

Cajun chicken
(Mu)

Bread fish fillet (F,G)
served with ketchup,
(Su,Mu,Mk,E)

VEGETARIAN

Spanish omelette with potatoes and peas
(MK,E)

Quorn mince keema
(MU,MK,G)

Chinese noodles with sweet and sour stir fried vegetables
(SO,E,G)

Savoury Quorn mince with root vegetables

Cheese flan
(MK,G)

VEGGIES

Sweetcorn
...
Broccoli

Mashed potato
...
Garden peas
...
Baked beans

Crispy roast potatoes
...
Carrots
...
Diced Swede

Steamed rice
...
Cauliflower
...
Green beans

Baked oven chips
...
Baked beans
...
Garden peas

PUDDING

Lemon drizzle cake
(Mk,E,G)

Sugar free
Spiced carrot and orange frosting
(G,E,MK)

Blueberry cake
(Mk,E,G)

Banana and date flapjack
(Mk,,G)

Rocky road
(MK)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

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24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER