

WEEKLY MENU

WEEK 1
WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN

VEGETABLE &
QUORN FLATBREAD
(G/B*, O*, R*, W)CHICKEN KATSU &
STEAMED RICE
(E, G/W)TOMATO & OLIVE
ARRABIATTA
(G/W)

ROAST BEEF & GRAVY

BATTERED FISH &
CHIPS
(F, G/W)

VEGGIE

MOROCCAN
MEATBALLS IN
TOMATO SAUCE
(G/B*, O*, R*, W)QUORN FILLET KATSU
& STEAMED RICE
(E, G/W)ROASTED VEGETABLE
LASAGNE
(E*, MK, G/W)SUMMER VEGETABLE
TART
(G/O, W)CHICKPEA &
VEGETABLE SAMOSA
(CE*, MU*, SE*, SO, G/W)

SIDES

COUS COUS WITH
CARROTS &
GREEN BEANS
(MU*, SO*, G/W)
\$

STIR FRIED GREENS

GARLIC BREAD & GREEN
SALAD
(MK*, SO*, G/W)
\$RUSTIC ROAST
POTATOES WITH
BROCCOLI & PEASBEANS OR
PEAS
\$

PUD

CHEESE & CRACKERS
(MK, G/B*, W)TROPICAL SMOOTHIE
(MK)CHEESE &
CRACKERS
(MK, G/B*, W)CHOCOLATE ORANGE
MARBLE CAKE
(E, MK, SO*, G/W)CHEESE &
CRACKERS
(MK, G/B*, W)

JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS

DATES

21ST APRIL / 19TH MAY / 23RD
JUNE / 21ST JULY

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGSF = FISH
G = GLUTEN
G/B = BARLEYG/O = OATS
G/R = RYE
G/W = WHEATL = LUPIN
MK = MILK
MO = MOLLUSCSMU = MUSTARD
N = NUTS
P = PEANUTSSO = SOYA
SU = SULPHUR
SE = SESAME SEEDS* = MAY CONTAIN
V = VEGAN
\$ = SEASONAL VEG

WEEKLY MENU

WEEK 1
WEEK 2

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THURSDAY

FRIDAY

THEME DAYS

MAIN



**VEGETABLE & LENTIL
BOLOGNESE WITH
PASTA
(G/B*, W)**

**BEEF & MIXED BEAN
CHILLI CON CARNE**

**SANDWICH OF CHOICE
V**

**CHICKEN NOODLES
(E, SO, G/W)**

**FISH PAELLA
(CE, F, MU)**

VEGGIE



**TOMATO & BASIL
GNOCCHI
(CE, E*, MK*, MU*,
SO*, G/W)**

**QUORN & MIXED BEAN
CHILLI CON CARNE
(E, G/B)**

**JACKET POTATO
WITH A CHOICE OF
FILINGS
V**

**VEGETABLE NOODLES
(E, SO, G/W)**

**MIXED BEAN &
VEGETABLE PAELLA
(CE)
V**

SIDES



**GARLIC BREAD &
GREEN SALAD
(MK*, SO*, G/W)
S**

**STEAMED RICE WITH
SWEETCORN &
BROCCOLI
S**

**GREEN SALAD &
COLESLAW
(E)
S**

STIR FRIED GREENS

**GREEN BEANS
& SWEETCORN
S**

PUD



**CHOCOLATE &
BEETROOT BROWNIE
(E, MK, SO, G/B*, W)**

**CHEESE &
CRACKERS
(MK, G/B*, W)**

**FRUIT YOGHURT
(MK)**

**CHEESE & CRACKERS
(MK, G/B*, W)**

**ICE CREAM
(MK)**

JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS

DATES

**28TH APRIL / 2ND JUNE / 30TH
JUNE**

ALLERGENS

**CE = CELERY
CR = CRUSTACEAN
E = EGGS**

**F = FISH
G = GLUTEN
G/B = BARLEY**

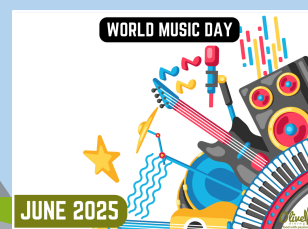
**G/O = OATS
G/R = RYE
G/W = WHEAT**

**L = LUPIN
MK = MILK
MO = MOLLUSCS**

**MU = MUSTARD
N = NUTS
P = PEANUTS**

**SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS**

*** = MAY CONTAIN
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WEEKLY MENU

WEEK 3
WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN

VEGGIE SUPREME
PIZZA
(MK, G/W)CHICKEN & CHORIZO
GUMBOBUTTERNUT SQUASH &
SPINACH TARKHA
DAHL
(CE, G/B*, O*, R*, W*)

BEEF JAMBALAYA

TOMATO & LENTIL
SOUP
(CE, G/B*, W*)

VEGGIE

MARGHERITA PIZAA
(MK, G/W)CHICKPEA GUMBO
(CE, G/B*, W*)
VSWEET POTATO,
CHICKPEA & COCONUT
CURRY
(CE, G/B*, O*, R*, W*)
VBEAN JAMBALAYA
VLEEK & POTATO
SOUP
(CE)

SIDES

HOMEMADE POTATO
WEDGES & COLESLAW
(E)NEW POTATOES WITH
BROCCOLI & SWEETCORN
SSTEAMED RICE WITH
CARROTS & PEAS
SBROCCOLI &
SWEETCORN
S

PUD



FRUIT JELLY

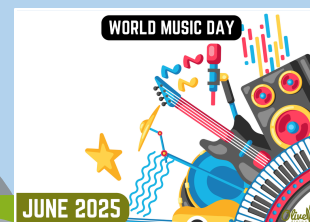
CHEESE & CRACKERS
(MK, G/B*, W)SPICED BANANA
CAKE & TOFFEE
SAUCE
(E, MK, SO*, G/W)CHEESE &
CRACKERS
(MK, G/B*, W)VANILLA SHORTBREAD
(G/W)

JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS

DATES

6^{HT} MAY / 9TH JUNE / 30TH
JUNE

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WEEKLY MENU

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MONDAY

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THURSDAY

FRIDAY

THEME DAYS

MAIN



**MIXED BEAN
ENCHILADA PIE**
(CE, MK, MU, G/B*, O*,
R*, W)

**BEEF TAGINE & COUS
COUS**
(CE, MU*, SO*, G/B*, O*,
R*, W)

**SUMMER VEGETABLE
QUICHE WITH NUT
FREE PESTO**
(E, MK, G/W)

**CHEESY CHICKEN &
BROCCOLI PASTA**
(CE, MK, G/W)

**SALMON FISHCAKE
& CHIPS**
(F, G/W)

VEGGIE



**VEGGIE QUORN
FAJITAS**
(CE, E, MU, G/B, O*,
R*, W)

**CHICKPEA & VEGETABLE
TAGINE WITH COUS COUS**
(CE, MU*, SO*, G/B*, O*,
R*, W)

**SPINACH & LENTIL
STRUDEL**
(CE, G/B*, W)

V

**CHERRY TOMATO &
SPINACH PASTA**
(CE, G/W)

V

**VEGGIE SAUSAGE
ROLL & CHIPS**
(MK*, SO, G/B, W)

V

SIDES



**SPICY RICE & GREEN
SALAD**
S

BROCCOLI & PEAS
S

**NEW POTATOES WITH
SEASONAL VEGETABLES**
S

**GARLIC BREAD &
GREEN SALAD**
(MK*, SO*, G/W)
S

**BEANS OR
PEAS**
S

PUD



**CHEESE &
CRACKERS**
(MK, G/B*, W)

FRUIT JELLY

**CHEESE &
CRACKERS**
(MK, G/B*, W)

**SUMMER FRUIT
CRUMBLE**
(G/B*, O, W)

**CHEESE &
CRACKERS**
(MK, G/B*, W)

JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS

DATES

12TH MAY / 16TH JUNE / 14TH
JULY

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
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