

# WEEKLY MENU

WEEK 1  
WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	VEGETABLE BOLOGNESE WITH SPAGHETTI (G/W) V	COTTAGE PIE (CE, MK)	CARIBBEAN VEGETABLE & SQUASH CURRY (CE, G/B*, O*, R*, W) V	ROAST BEEF & GRAVY	FISH & SWEET POTATO BURRITO (F, G/W)
<b>VEGGIE</b>	ROASTED WINTER VEGETABLE PASTA (G/W) V	ROASTED VEGETABLE COTTAGE PIE V	VEGETABLE & LENTIL DHAL (CE, G/B*, O*, R*, W) V	CHEESE & TOMATO PASTY (E, MK, G/W)	JERK VEGETABLE BURRITO (CE, G/B*, O*, R*, W) V
<b>SIDES</b>	GARLIC BREAD & GREEN SALAD (MK*, SO*, G/W)	SEASONAL VEGETABLES S	RICE, GREEN BEANS & CAULIFLOWER S	RUSTIC ROAST POTATOES & SEASONAL VEGETABLES S	RICE & SEASONAL VEGETABLES S
<b>PUD</b>	CHEESE & CRACKERS (MK, G/B*, W)	BANANA MOUSSE (MK)	CHEESE & CRACKERS (MK, G/B*, W)	CLASSIC JAM SPONGE & CUSTARD (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

## THEME DAYS



## DATES











6TH JAN / 27TH JAN / 24TH  
FEB / 17TH MAR

## ALLERGENS

CE = CELERY  
CR = CRUSTACEAN  
E = EGGSF = FISH  
G = GLUTEN  
G/B = BARLEYO/D = OATS  
O/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  
S = SEASONAL VEG

# WEEKLY MENU

WEEK 1  
WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> 	VEGGIE SUPREME PIZZA (MK, G/W)	MOROCCAN MEATBALLS & COUS COUS (SO, SU, G/B*, O*, R*, W)	THYME & GARLIC QUORN (G/W) 	MEDITERRANEAN CHICKEN PASTA (G/W)	FISH FINGERS & CHIPS (F, G/W)
<b>VEGGIE</b> 	MARGHERITA PIZZA (MK, G/W)	VEGGIE MEATBALLS, TOMATO SAUCE & COUS COUS (CE*, E*, MU*, SE*, SO, G/B, W)	ROASTED VEGETABLE FILO PARCEL & HOMEMADE TOMATO SAUCE (G/W) 	TOMATO & BASIL PASTA (CE, G/W) 	VEGAN SAUSAGE ROLL & CHIPS (MK*, SO, G/B, W) 
<b>SIDES</b> 	SEASONED POTATO WEDGES & COLESLAW (E, G/W)	SEASONAL VEGETABLES 	RUSTIC ROAST POTATOES & SEASONAL VEGETABLES 	GARLIC BREAD & GREEN SALAD (MK*, SO*, G/W)	BEANS OR PEAS
<b>PUD</b> 	FRUIT JELLY	CHEESE & CRACKERS (MK, G/B*, W)	STRAWBERRY MOUSSE (MK)	CHEESE & CRACKERS (MK, G/B*, W)	FRUITS OF THE FOREST TRAYBAKE (E, MK, SO*, G/W)
JACKET POTATO   DAILY SALAD BAR   HOMEMADE BREAD   FRESH FRUIT   SELECTION OF COLD DESSERT POTS					

## THEME DAYS



## DATES












13TH JAN / 3RD FEB / 3RD  
MAR / 24TH MAR

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## WEEKLY MENU

WEEK 3  
WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> 	SWEET & SOUR VEGETABLE NOODLES (E, SO, G/W)	COTTAGE PIE (CE, MK)	NUT FREE PESTO PASTA (MK, G/W)	BUTTER CHICKEN CURRY (CE, G/B*, O*, R*, W*)	BATTERED FISH & CHIPS (F, G/W)
<b>VEGGIE</b> 	VEGETABLE CHOW MEIN (CE*, E, MU*, SO, G/W)	ROASTED VEGETABLE COTTAGE PIE 	SUNDRIED TOMATO PASTA (CE, G/W) 	JAMAICAN SWEET POTATO, CHICKPEA & COCONUT CURRY (CE, G/B*, O*, R*, W*) 	VEGETABLE SAMOSA & CHIPS (CE*, MU*, SE*, SO, G/W) 
<b>SIDES</b> 	EGG FRIED RICE & STIR FRIED GREENS (E, SO, G/W) 	PEAS & BROCCOLI 	GREEN BEANS & GREEN SALAD	STEAMED RICE & SEASONAL VEGETABLES 	BEANS OR PEAS
<b>PUD</b> 	CHEESE & CRACKERS (MK, G/B*, W)	CARAMEL APPLE CRUMBLE & CUSTARD (MK, G/W)	CHEESE & CRACKERS (MK, G/B*, W)	CHOCOLATE MOUSSE (MK)	CHEESE & CRACKERS (MK, G/B*, W)
JACKET POTATO   DAILY SALAD BAR   HOMEMADE BREAD   FRESH FRUIT   SELECTION OF COLD DESSERT POTS					

## THEME DAYS



## DATES





20TH JAN / 10TH FEB / 10TH  
MAR / 31ST MAR

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<b>MAIN</b> 	CHICKPEA & VEGETABLE TAGINE (CE, G/B*, O*, R*, W*)	BEEF LASAGNE (E*, MK, SO*, G/W)	ROASTED VEGETABLE COTTAGE PIE	CHICKEN FAJITAS (G/W)	FISH FINGERS & CHIPS (F, G/W)
<b>VEGGIE</b> 	JERK VEGETABLE BURRITO (CE, G/B*, O*, R*, W)	ROASTED VEGETABLE LASAGNE (E*, MK, G/W)	WINTER VEGETABLE STEW WITH NEW POTATOES V	BEAN & VEGETABLE FAJITA (CE, G/B*, O*, R*, W) V	SPINACH & FETA PARCELS (E, MK, G/W)
<b>SIDES</b> 	FRUITY COUS COUS, ROASTED CARROTS & GREEN BEANS	GARLIC BREAD & GREEN SALAD (MK*, SO*, G/W)	CARROTS & CABBAGE S	RICE & SWEETCORN S	BEANS OR PEAS
<b>PUD</b> 	BANANA SPONGE WITH VANILLA SAUCE (E*, MK, SO, G/W)	CHEESE & CRACKERS (MK, G/B*, W)	FRUIT JELLY	CHEESE & CRACKERS (MK, G/B*, W)	HONEY & RAISIN FLAPJACK (G/B*, O, W*)
JACKET POTATO   DAILY SALAD BAR   HOMEMADE BREAD   FRESH FRUIT   SELECTION OF COLD DESSERT POTS					

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