

# WEEKLY MENU

WEEK 1  
WEEK 2



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## THEME DAYS

### MAIN



**Margherita Pizza**  
(MK, G/W)

**Beef & Lentil  
Cottage Pie**  
(G/B\*, W\*)

**Roasted Squash & Root  
Vegetable Lasagne**  
(E\*, MK, G/W)

**Butter Chicken Curry**  
(CE, G/B\*, O\*, R\*, W\*)

**Battered Fish & Chips**  
(F, G/W)



### VEGGIE



**Veggie Supreme Pizza**  
(MK, G/W)

**Roasted Vegetable & Five  
Bean Cottage Pie**  
(MU\*, SO\*, G/B\*, O\*, R\*,  
W\*)  
**V**

**Mac & Cheese**  
(MK, G/W)

**Chickpea & Vegetable  
Masala**  
(CE, MK, G/B\*, O\*, R\*,  
W\*)

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



### SIDES



**Homemade Potato  
Wedges & Green  
Salad**

**Roasted Carrots & Parsnips**  
**S**

**Green Salad**

**Steamed Rice &  
Green Beans**

**Beans or Peas**



### PASTA & JACKET



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

**Jacket Potato & Salad**

**Tomato & Basil  
Pasta**  
**V**

**Jacket Potato & Salad**

**Mac & Cheese**  
(MK, G/W)



### PUD



**Cheese & Crackers**  
(MK, G/B\*, W)

**Vanilla & Raisin  
Shortbread Biscuit**  
(G/W)

**Cheese & Crackers**  
(MK, G/B\*, W)

**Carrot Cake**  
(E, MK, G/B\*, O\*, W)  
**S**

**Cheese & Crackers**  
(MK, G/B\*, W)

Daily Salad Bar | Homemade Bread | Fresh Fruit

## DATES

3 SEP / 29 SEP / 3  
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  
WEEK 2



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**THEME DAYS**

**MAIN**



Quorn & Mixed Bean  
Chilli con Carne  
(E)

Creamy Chicken Pesto  
Pasta  
(MK, G/W)

Roasted Root Vegetable  
Pie Gravy with Gravy

Beef & Lentil Bolognese  
Pasta Bake  
(G/B\*, W)

Fish Fingers & Chips  
(F, G/W)

**LOVE  
BRITISH FOOD**



**VEGGIE**



Piri Piri Quorn &  
Veggies  
(CE, E, MU, G/B\*, O\*, R,  
W\*)

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

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

Mac & Cheese  
(MK, G/W)

Cheese & Tomato  
Pinwheel  
(MK, G/W)



**SIDES**



Spicy Rice & Green  
Salad

Green Salad &  
Sweetcorn

Rustic Roast Potatoes with  
Roasted Carrots & Parsnips

Mixed Green Salad

Beans or Peas

**S**

**PASTA &  
JACKETS**



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

Jacket Potato & Salad

Tomato & Basil  
Pasta  
**V**

Jacket Potato & Salad

Mac & Cheese  
(MK, G/W)



**PUD**



Yoghurt with Honey &  
Fruit  
(MK)

Cheese & Crackers  
(MK, G/B\*, W)

Winter Fruit Crumble with  
Custard  
(MK, G/B\*, O, W)  
**S**

Cheese & Crackers  
(MK, G/B\*, W)

Rice Pudding with  
Fruit Coulis  
(MK)



Daily Salad Bar | Homemade Bread | Fresh Fruit

**DATES**

8 SEP / 6 OCT / 10  
NOV / 7 DEC

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# WEEKLY MENU

WEEK 3  
WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Quorn & Vegetable Curry (E)	Beef & Lentil Lasagne (E*, MK, SO*, G/B*, W)	Winter Vegetable & Lentil Stew (G/B*, W*)	Hoi Sin Chicken Stir Fry (CE, MU*, SO, G/W)	Salmon Fishcake & Chips (F, G/W)
<b>VEGGIE</b>	Sweet Potato, Chickpea & Coconut Curry (CE, G/B*, O*, R*, W*) <b>V</b>	Roasted Squash & Root Vegetable Lasagne (E*, MK, G/W)	Cheese & Onion Quiche with Nut Free Pesto (E, MK, G/W)	Hoi Sin Quorn & Vegetable Stir Fry (CE, E, MU*, SO, G/W)	Veggie Sausage Roll & Chips (MK*, SO, G/B, W)
<b>SIDES</b>	Rice & Peas with Green Beans	Green Salad	Rustic Roast Potatoes with Roasted Carrots & Parsnips <b>S</b>	Egg Fried Rice & Stir Fried Greens	Beans or Peas
<b>PASTA &amp; JACKETS</b>	Vegan Roasted Vegetable Pasta (G/W) <b>V</b>	Jacket Potato & Salad	Tomato & Basil Pasta <b>V</b>	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
<b>PUD</b>	Cheese & Crackers (MK, G/B*, W)	Fruit Jelly <b>V</b>	Cheese & Crackers (MK, G/B*, W)	Banana Cake with Custard (E, MK, SO*, G/W)	Cheese & Crackers (MK, G/B*, W)
<b>Daily Salad Bar   Homemade Bread   Fresh Fruit</b>					

## THEME DAYS



## DATES

15 SEP / 13 OCT /  
17 NOV / 15 DEC

## ALLERGENS

CE = CELERY      F = FISH      G/O = OATS      L = LUPIN      MU = MUSTARD      SO = SOYA      \* = MAY CONTAIN  
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# WEEKLY MENU

WEEK 3  
WEEK 4



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**THEME DAYS**

**MAIN**



**Leek & Potato Soup**  
(CE, MK)

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

**Sweet & Sour Butternut Squash & Vegetables**  
(CE)  
V

**Beef Mince Casserole with Lentils**  
(G/B\*, W\*)

**Fish Biryani**  
(F, G/B\*, O\*, R\*, W\*)

**VEGGIE**



**Carrot & Coriander Soup**  
(CE, G/B\*, O\*, R\*, W\*)  
V

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

**Quorn & Vegetable Noodles**  
(E, SO, G/W)

**Vegetable & Bean Casserole**  
(CE, G/B\*, W\*)  
V

**Butternut Squash Tarka Dahl**  
(CE, G/B\*, O\*, R\*, W\*)  
V

**SIDES**



**Carrots & Green Beans**  
S

**Egg Fried Rice & Stir Fried Greens**  
(E, SO, G/W)

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

**Beans or Peas**

**PASTA & JACKETS**



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

**Jacket Potato & Salad**

**Tomato & Basil Pasta**  
V

**Jacket Potato & Salad**

**Mac & Cheese**  
(MK, G/W)

**PUD**



**Chocolate & Orange Brownie**  
(E, MK, SO, G/B\*, W)

**Cheese & Crackers**  
(MK, G/B\*, W)

**Fruit Jelly**  
V

**Cheese & Crackers**  
(MK, G/B\*, W)

**Ice Cream with Fresh Fruit**  
(MK)

Daily Salad Bar | Homemade Bread | Fresh Fruit



**DATES**

22 SEP / 20 OCT / 24 NOV

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