

WEEKLY MENU

WEEK 1
WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Jerk Vegetable Curry
(CE, G/B*, O*, R*, W*)
V

Chicken Kebab with
Pitta
(G/W)

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

Beef & Lentil Keema
Curry
(G/B*, O*, R*, W*)

Fish Fingers or Salmon
Fishcake & Chips
(F, G/B*, W)

VEGGIE



Sweet Potato,
Chickpea & Coconut
Curry
(CE, G/B, O, R, W)
V

Vegetable Kebab with
Pitta
(G/W)
V

Roasted Root Vegetable Pie
& Gravy
(CE, G/W)
V

Vegetable & Lentil Keema
(CE, G/B, O, R, W)
V

Vegan Nuggets &
Chips
(G/W)
V

SIDES



Rice & Peas with
Green Beans
(CE)

Homemade Potato
wedges & Green Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips
S

Steamed Rice &
Green Beans

Baked Beans &
Peas

PASTA &
JACKET



Vegan Roasted
Vegetable Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil
Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

PUD



Banana Cake &
Custard
(E, MK, SO*, G/W)

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

Apple Crumble &
Custard
(MK, G/W)

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

Ice Cream
(MK)

Daily Salad Bar | Homemade Bread | Fresh Fruit

DATES

5 JAN / 2 FEB / 9 MAR

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

Mexican Chicken

Roasted Root Vegetable
Pie & Gravy
(CE, G/W)
V

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

Battered Fish or Salmon
Fishcake & Chips
(F, G/B*, W)



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

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

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

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

Margherita Pizza &
Chips
(MK, G/W)



SIDES
Garlic Bread & Green
Salad
(MK, SO*, G/W)

Steamed Rice & Green
Beans

Rustic Roast Potatoes with
Roasted Carrots & Parsnips
S

Steamed Rice & Green
Beans

Beans or Peas



PASTA &
JACKET
VEGAN
Roasted
Vegetable Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil
Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)



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

Iced Vanilla Sponge
(E, MK, SO*, G/W)

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

Orange & Berry Cake
(E, MK, SO*, G/W)

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

Daily Salad Bar | Homemade Bread | Fresh Fruit

DATES

12 JAN / 9 FEB / 16 MAR

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

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

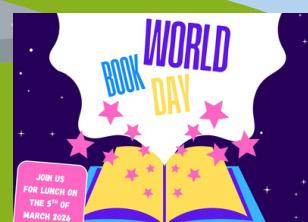
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ALLERGENS



WEEKLY MENU

WEEK 3
WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	BBQ Beans with Steamed Rice <small>V</small>	Beef & Lentil Bolognese Pasta Bake <small>MK, G/B*, W*</small>	Roasted Squash & Root Vegetable Lasagne <small>E*, MK, G/W</small>	Homemade Chicken Sausage Roll & Gravy <small>E, G/W</small>	Battered Fish or Salmon Fishcake & Chips <small>F, G/B*, W</small>
VEGGIE	BBQ Glazed Quorn Wrap & Wedges <small>E, G/W</small>	Mac & Cheese <small>MK, G/W</small>	Creamy Pesto Pasta <small>MK, G/W</small>	Homemade Roast Vegetable & Stuffing Roll <small>G/W</small> <small>V</small>	Veggie Sausage Roll & Chips <small>MK*, SO, G/B*, O*, W</small>
SIDES	Carrots & Green Beans <small>S</small>	Mixed Green Salad	Peas & Broccoli	Rustic Roast Potatoes with Roasted Carrots & Parsnips <small>S</small>	Beans or Peas
PASTA & JACKET	Vegan Roasted Vegetable Pasta <small>G/W</small>	Jacket Potato & Salad	Tomato & Basil Pasta <small>CE, G/W</small>	Jacket Potato & Salad	Mac & Cheese <small>MK, G/W</small>
PUD	Fruit Jelly	Cheese & Crackers <small>MK, G/B*, W</small>	Lemon Drizzle Cake <small>E, MK, SO*, SU, G/W</small>	Cheese & Crackers <small>MK, G/B*, W</small>	Cinnamon Swirl <small>G/W</small>
	Daily Salad Bar Homemade Bread Fresh Fruit				

DATES

119 JAN / 23 FEB /
23 MAR

ALLERGENS

CE = CELERY
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F = FISH
G = GLUTEN
G/B = BARLEY

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

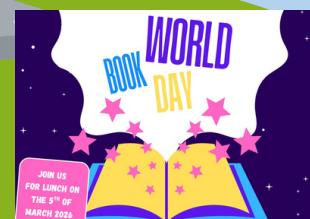
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THEME DAYS



WEEKLY MENU

WEEK 3
WEEK 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN

Butternut Squash &
Spinach Tarkha Dahl
(CE, G/B*, O*, R*, W*)
V

Beef Burger
(SE*, SO, SU, G/W)

Tomato & Mascarpone
Soup
(CE, MK)

Chicken Pie with Gravy
(MK, G/B, W)

Beef Sausage & Chips
(SO, SU, G/W)



VEGGIE

Quorn & Vegetable
Curry
(E)

Vegetable Burger
(SE*, G/W)
V

Roasted Butternut
Squash Soup
(CE)
V

Roasted Root
Vegetable Pie with
Gravy
(CE, G/W)

Vegan Nuggets & Chips
(G/W)
V



SIDES

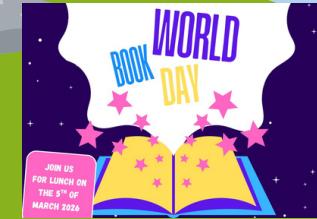
Steamed Rice &
Green Beans

Homemade Potato
Wedges & Green Salad

Homemade Bread
(E*, MK, SO, G/W)

Homemade Potato
Wedges & Green Salad

Beans or Peas



PASTA &
JACKET

Vegan Roasted
Vegetable Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil
Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

PUD

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

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

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

Chocolate Shortbread
Biscuit
(G/W)

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



Daily Salad Bar | Homemade Bread | Fresh Fruit

DATES

26 JAN / 2 MAR

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
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