

WEEKLY MENU

WEEK 1
WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Hoi Sin Quorn &
Vegetable Stir Fry
(CE, MU*, SO, G/W)

Super Swirl Beefy
Pasta
(G/W)

Veggie Kebab with Pitta
& Wedges
(G/W)

Roast Chicken with
Gravy

Captain's Crispy Fish
Fingers or Salmon
Fishcake & Chips
(F, G/W)

VEGGIE



Smokey BBQ Pulled
Jackfruit

Super Swirl Veggie
Pasta
(G/W)

Vegetable Biryani
(CE, SU, G/B*, O*, R*,
W*)

Cheesy Veggie Hot
Pot with Gravy
(MK, G/W)

Cheesy Mexican
Veggie Burrito &
Chips
(MK, G/W)

SIDES



Steamed Rice
with Sweetcorn &
Green Beans

Carrots & Broccoli

Paprika Spiced
Vegetables

Rustic Roast
Potatoes & Seasonal
Vegetables

Baked Beans or
Peas

PASTA & JACKET



Italian Tomato
Twirl Pasta
(CE, MK, G/W)

Jacket Potato with
a Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato with
a Choice of Fillings
(E, F, MK)

Tomato &
Vegetable Pasta
(CE, G/W)

PUD



Banana Bonanza
Sponge & Creamy
Custard
(E, MK, SO*, G/W)

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

Vanilla Shortbread
(G/W)

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

Vanilla Sponge with
Chocolate Sauce
(E, MK, SO*, G/W)

Daily Salad Bar| Homemade Bread| Fresh Fruit

DATES

31 AUG / 28 SEP / 2
NOV / 30 NOV

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



**Veggie Meatball Pasta
with Tomato & Basil
Sauce**
(SO, G/B*, O*, R*, W)
V S

**Mild Chicken Tikka
Masala**
(MK, G/B*, O*, R*, W*)
S

Honey Glazed Quorn
(SO, G/W)

Homemade Beefy Lasagne
(E*, MK, G/B*, W)
S

**Captain's Crispy Fish
Fingers or Salmon
Fishcake & Chips**
(F, G/W)

VEGGIE



**Roasted Butternut
Squash Topped Mac &
Cheese**
(MK, G/W)
S

**Mild Vegetable Tikka
Masala**
(MK, G/B*, O*, R*, W*)
S

**Lightly Spiced 'Plant
Based' Chickn**

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

Margherita Pizza
(MK, G/W)

SIDES



Peas & Sweetcorn
V S

**Steamed Rice with
Carrots & Green Beans**
V S

**Paprika Diced Potatoes
& Sweetcorn**
V S

Broccoli
V S

**Homemade
Potato Wedges &
Baked Beans**
V S

PASTA & JACKET



**Jacket Potato
with a Choice of
Fillings**
(E, F, MK)

**Italian Tomato
Twirl Pasta**
(CE, MK, G/W)
S

**Jacket Potato
with a Choice of
Fillings**
(E, F, MK)

**Tomato &
Vegetable Pasta**
(CE, G/W)
V S

**Jacket Potato
with a Choice of
Fillings**
(E, F, MK)

PUD



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

Chocolate Mousse
(MK, SO*)

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

Jam Sponge with Custard
(E, MK, SO*, G/W)

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

Daily Salad Bar| Homemade Bread| Fresh Fruit

DATES

7 SEPT / 5 OCT / 9
NOV / 7 DEC

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WEEKLY MENU

WEEK 3
WEEK 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Nut Free Pesto Pasta
(MK, G/W)

Cowboy Beef Chilli
(CE)

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

Jerk Chicken Curry
(CE)

Crispy Catch Fish &
Chips
(F, G/B*, W)

VEGGIE



Sticky Veggie Pasta
Surprise
(CE, G/W)

Tex Mex Mild Veggie
Chilli
(CE)

Roast Jerk Quorn Fillet
(G/W)

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

Cheesy Pizza & Chips
(MK, G/W)

V S

V S

V

V

V

SIDES



Broccoli

Steamed Rice &
Broccoli

Rustic Roast Potatoes &
Medley of Seasonal
Vegetables

Rice & Peas

Beans or Peas

V S

V S

V S

V

V

PASTA & JACKET



Jacket Potato
with a Choice of
Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato
with a Choice of
Fillings
(E, F, MK)

Italian Tomato Twirl
Pasta
(G/W)

Jacket Potato
with a Choice of
Fillings
(E, F, MK)

V S

PUD



Syrup Sponge with
Custard
(E, MK, SO*, G/W)

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

Oaty Crunch Cookie
(MK*, G/B*, O, W)

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

West Indian Fruit
Cake
(E, MK, SO*, G/W)

Daily Salad Bar | Homemade Bread | Fresh Fruit

DATES

14 SEPT / 12 OCT / 16
NOV / 14 DEC

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WEEKLY MENU

WEEK 3
WEEK 4



MONDAY

TUESDAY

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THURSDAY

FRIDAY

THEME DAYS

MAIN



Tomato & Olive
Arrabiatta
(G/W)

S

Hot Dog
(CE, SE*, SO*, SU, G/W)

Garden Patch Pie
(CE, G/B*, W*)

V S

Tuscan Sausage Pasta
(MK, SU, G/W)

Crispy Catch Fish &
Chips
(F, G/B*, W)

VEGGIE



Cheese & Tomato
Pasta Bake
(CE, MK, G/W)

V S

Veggie Hot Dog
(SE*, SO*, G/W)

V S

Roast Jerk Quorn Fillet
(G/W)

V

Tuscan Vegetable
Pasta
(MK, G/W)

Cheesy Pizza & Chips
(MK, G/W)

V

SIDES



Sweetcorn &
Carrots

V S

Homemade Potato
Wedges & Baked
Beans

V S

Rustic Roast Potatoes &
Medley of Seasonal
Vegetables

V S

Peas & Sweetcorn

V

Beans or Peas

V

PASTA & JACKET



Jacket Potato
with a Choice of
Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato
with a Choice of
Fillings
(E, F, MK)

Italian Tomato Twirl
Pasta
(G/W)

V S

Jacket Potato
with a Choice of
Fillings
(E, F, MK)

PUD



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

Lemon Drizzle Cake
(E, MK, SO*, SU, G/W)

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

Oat & Berry Cake with
Fruit Coulis
(E, MK, SO*, G/B*, O, W)

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

Daily Salad Bar| Homemade Bread| Fresh Fruit

DATES

21 SEPT / 19 OCT / 25
NOV

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