

WEEKLY MENU

WEEK I

	Monday	Tuesday	Wednesday	Thursday	Friday
DISH OF THE DAY	Butternut, Spinach & Chickpea Tikka Masala With Coriander Dressing	Chicken & Vegetable hotpot	Classic Pork Or Chicken Sausage & Mash With A Rich Onion & Thyme Gravy (G, Su)	Italian Spaghetti Bolognaise (G)	Fisherman's 'Catch Of The Day' With Lemon & Tartare Sauce (G,F)
VEGETARIAN	Bombay Cauliflower, Potato & Paneer Salad (Mk)	Mexican Vegetable & Bean Burrito (G)	Vegan Sausages With A Rich Onion & Thyme Gravy	Italian Spaghetti Vegetable Bolognaise (G)	Baked Aubergine Parmigiana
PASTA & JACKET POTATO	With a selection of fillings & toppings available				
ON THE SIDE	Aromatic Pilau Rice Slow Braised Lentil Dhal Garden Peas	Parsley New Potato Roasted Root Vegetables (G)	Mash Potatoes Sauteed Greens Steamed Carrots	Spaghetti Mediterranean Vegetables Roasted Cauliflower (G)	Hand Cut Chips Garden Peas Baked Beans
HELP YOURSELF TO...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)
DESSERT	Mango / strawberry Yoghurt Granola (Mk)	Autumn Apple & Cinnamon Cake (G, E, mc So)	Chocolate Mousse (M)	Coconut Jam Sponge (G,E m/c so)	Cranberry Shortbread (G, mc So)



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

WEEKLY MENU

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
DISH OF THE DAY	Macaroni Cheese (G, Mk, mc So)	Mexican Turkey Enchiladas With Tomato Salsa, Sour Cream & Guacamole (G,Mk)	Roast Chicken & Trimmings Yorkshire pudding (G,E)	Slow Braised Beef Bourguignon With Mushrooms	Margherita Pizza Pepperoni Pizza (G)
VEGETARIAN	Slow Baked Lentil & Butternut Ragu In A Sun-Dried Tomato Sauce	Hand Pressed Chickpea Burger With Tomato Salsa & Sour Cream (M)	Quorn Roast with roasted vegetables (M,E)	Louisianan Vegetable & Bean Jambalaya With Coriander Dressing	Margherita Pizza Gluten free/ Dairy free
PASTA & JACKET POTATO	With a selection of fillings & toppings available				
ON THE SIDE	Garlic Bread Garden Peas Roasted Butternut & Carrots (G, mc So)	Spiced Sweet Potato Bean & Sweetcorn Salad Steamed Cauliflower	Roasted New Potatoes Garden Peas Leeks & Savoy Cabbage	Steamed Rice Broccoli Glazed Carrots	Hand Cut Chips Steamed Sweetcorn Baked beans
HELP YOURSELF TO...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)
DESSERT	Pear & Berry Crumble (G, mc So)	Greek Yoghurt Strawberry / Mango sauce (M)	Lemon & Clementine Cheesecake (M)	Chocolate Sponge (G, E, Mc So)	Flapjack (G)



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Dioxide



Molluscs

WEEKLY MENU

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
DISH OF THE DAY	Chickpea, Apricot Tagine	Chicken Parmigiana Topped with green pesto (Mk)	Chicken Chow Mein (G,E So)	Beef Lasagne (G,Mk, mc So)	Mini burger (G, F)
VEGETARIAN	Stuffed Sweet Potato & Crumble & Feta (M)	Creamy Broccoli & Leek Al Forno With Fresh Herbs (G,Mk, mc So)	Stir Fry Tofu and Vegetable (So)	Vegetable Lasagne (G,Mk, mc So)	Breaded Halloumi With Butternut Salad & Sweet Chilli Dressing (G,Mk)
PASTA & JACKET POTATO	With a selection of fillings & toppings available				
ON THE SIDE	Fruity Couscous Broccoli Steamed Carrots (G)	Penne Pasta Garden Peas Cauliflower (G)	Chinese Leaf & Pak Choi Roasted Carrots (So)	Garlic Bread Autumn Root Vegetables Mixed Steamed Greens	Hand Cut Wages Garden Peas Baked Beans
HELP YOURSELF TO...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit (G, Mk, mc So)
DESSERT	Strawberry Yoghurt With Fruity Granola	Waffles With Crème Fraiche & Nordic Berries (G, Mk, E)	Lemon Drizzle (G, Mk, mc So)	Fruit Salad Fruit Jelly	Chocolate Brownie (G, E, mc So)



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WEEKLY MENU

MORNING SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hash Brown	Shortbread	Waffles	Vegan Sausage roll	Tortilla Nancho
Week 2	Crackers	Flapjack	Pizza	Shortbread	Turkey & Ham Pinwheel
Week 3	Tortilla Nancho	Cheese Twist	Mini Blueberry muffins	Nann Bread With Cheese	Waffles



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