

YOUR MENU THIS WEEK

Week (1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Neapolitan pasta 1, 3	Lamb keema 14	Rosemary roasted chicken thigh & gravy	Chicken sausages & Mash 1, 3, 12	Sustainable battered Fish goujon wrap 2, 3, 6, 11
MAIN DISH VEGETARIAN	Vegetable chow mein (v) 3, 6	BBQ vegetable patty (v) 3	Mixed bean & vegetable cottage pie topped with cheddar mash (v) 1	Mixed bean burrito (v) 1, 3,	Courgette, pea & mint baked omelette (v) 1, 3
SIDES	Sweetcorn Roasted peppers Basil foccacia 3	Wholegrain Rice & Peas Spinach & Kale	Skin on roast Potatoes Carrots Winter Greens	Broccoli Mixed salad	Chips Peas Baked beans
PUDDINGS	Yoghurt with diced fruit & toppings 1	Giant oat & sultana cookie 1, 3, 11, 6	Pear & chocolate Brownie 1, 3, 11	Sticky toffee apple pudding 1, 3, 6	Fruit flapjack 3

Available
daily:
Handmade
bread, Fresh
fruit &
Pantry

Also
available
daily: Jacket
potatoes
served with
a
selection of
fillings

GOOD FOR
you

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

Love the food that loves you back♥

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WEEK ²
COMMENCING
September 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Sweet potato mac 'n' cheese (v) 1, 3, 12, 14	Chilli con carne (lamb)	CHICKEN LEGS shoulder with gravy	Southern spiced turkey burger with spicy mayo 1, 3, 6, 14	Breaded salmon fishcakes 2, 3, 11, 12
MAIN DISH VEGETARIAN	Spinach, lentil & cheese sausage roll (v) 1, 3, 6, 11	TUNA WRAP	VEGETABLE PASTA BAKE	VEGETABLE QUICHE	Butternut squash, carrot & chickpea mild green thai curry (v) 1
SIDES	Broccoli Carrot Slaw Potato wedges 3	Wholegrain Rice Steamed greens	Herb Diced Roast Potatoes Parsnips & Carrots Naan bread 1, 3, 6	Roasted Squash Mixed Salad Red cabbage slaw 6	Chips Peas Baked beans
PUDDINGS	Lemon & courgette Cake 3, 6	Seasonal fruit crumble & custard 50% 1, 3	orange cookie 1, 3, 6, 11	Yoghurt with FRUIT	Banana loaf & custard 1, 3, 6, 11

AVAILABLE DAILY:
Handmade bread
and fresh fruit

AVAILABLE WEEKLY:
Jacket potatoes and fillings,
pasta bar, yoghurt
and pantry

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MAIN DISH MEAT	Mushroom & pesto wholemeal pizza (v) 1, 3, 6, 11	Chicken & leek pie with gravy 1, 3, 11	ROAST BEEF	Pasta & bolognaise in tomato sauce 1, 3	Sustainable battered fish of the day 2, 3, 6, 11
MAIN DISH VEGETARIAN	Cauliflower, chickpea & Potato Curry 1	Mixed bean & lentil chilli (v)	Lentil, mushroom & pepper lasagne (v) 1, 3, 11	Black bean, vegetable, cajun, pineapple salsa 1,3, 6	Roasted pepper & cheese quesadilla, tomato salsa (v) 1, 3, 7
SIDES	Sweetcorn Roasted broccoli Wholegrain braised rice	Baked wedges 3 Carrots Mixed salad	Skin on roast potatoes Peas Parsnips	New Potatoes Steamed Green beans Ratatouille vegetables	Chips Peas Baked beans
PUDDINGS	Yoghurt with watermelon & toppings 50% 1	Orange & kale cupcake 3, 11	Vanilla rice pudding with raspberry jam 1, 12	Pineapple upside down cake & custard 50% fruit 1, 3, 11	Carrot & raisin flapjack 3, 12

AVAILABLE DAILY:
Handmade bread and fresh fruit

AVAILABLE WEEKLY:
Jacket potatoes and fillings, pasta bar, yoghurt and pantry

GOOD FOR
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