

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	Hoi Sin Quorn & Vegetable Stir Fry (CE, MU*, SO, G/W)	Super Swirl Beefy Pasta (G/W)	Roast Chicken with Gravy	BBQ Chicken & Sweetcorn Pizza (MK, G/W)	Captain's Crispy Fish Fingers or Salmon Fishcake & Chips (F, G/W)
VEGGIE 	Smokey BBQ Pulled Jackfruit V	Super Swirl Veggie Pasta (G/W) V S	Cheesy Veggie Hot Pot with Gravy (CE, MK, G/W) S	Cheesy Tomato Pizza (MK, G/W)	Cheesy Mexican Veggie Burrito & Chips (MK, G/W)
SIDES 	Steamed Rice with Sweetcorn & Green Beans V S	Carrots & Broccoli V S	Rustic Roast Potatoes & Seasonal Vegetables V S	Homemade Potato Wedges & Baked Beans V S	Baked Beans or Peas V
PASTA & JACKET 	Italian Tomato Twirl Pasta (CE, MK, G/W) S	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) V S
PUD 	Lemon Drizzle Cake (E, MK, SO*, SU, G/W)	Golden Pear Crumble with Custard (MK, G/B*, O, W) S	Vanilla Shortbread (G/W) V	Chocolate Mousse (MK, SO*)	Vanilla Sponge with Chocolate Sauce (E, MK, SO*, G/W)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

ALLERGENS

HALAL AND NON-HALAL OPTIONS SERVED DAILY

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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Veggie Supreme Pizza
(MK, G/W)

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

Lightly Spiced Chicken

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

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

VEGGIE



Margherita Pizza
(MK, G/W)

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

Lightly Spiced 'Plant
Based' Chickn

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

Vegan Nuggets & Chips
(G/W)

SIDES



Homemade Potato Wedges
& Baked Beans

Steamed Rice with Carrots
& Green Beans

Paprika Diced Potatoes &
Sweetcorn

Broccoli

Baked Beans or Peas

PASTA & JACKET



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

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

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

Tomato & Vegetable Pasta
(CE, G/W)

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

PUD



Apple Sponge & Custard
(E, MK, SO*, G/W)

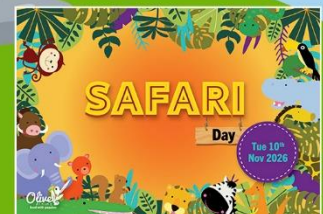
Chocolate Shortbread
Biscuit
(G/W)

Sticky Toffee Apple
Crumble with Custard
(MK, G/W)

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

Cool School Ice Cream
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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THEME DAYS

MAIN



Nut Free Pesto Pasta
(MK, G/W)

Cowboy Beef Chilli
(CE)

Roast Chicken with Gravy

Jerk Chicken Curry
(CE)

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

S

S

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

SIDES



Broccoli

Steamed Rice & Broccoli

Rustic Roast Potatoes &
Seasonal Vegetables

Rice & Peas
(CE)

Baked Beans or Peas

V S

V S

V S

V S

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
(CE, MK, G/W)

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

S

PUD



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

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

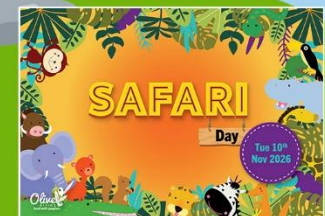
Oaty Crunch Cookie
(MK*, G/B*, O, W)

Mixed Berry Crumble with
Custard
(MK, G/W)

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

S

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

21 SEP / 12 OCT
09 NOV / 30 NOV /

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