

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Smokey BBQ Chicken

Sweet & Sour Chicken
(CE)

Roast Chicken with Gravy

Pepperoni Pizza
(CE*, E*, MK, MU*, SO*,
G/W)

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

VEGGIE



Smokey BBQ Pulled
Jackfruit

Sweet & Sour Roasted
Vegetables

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

Cheesy Tomato Pizza
(MK, G/W)

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

V

V S

S

SIDES



Steamed Rice with
Sweetcorn & Green Beans

Steamed Rice & Greens
Beans

Rustic Roast Potatoes &
Seasonal Vegetables

Homemade Potato Wedges
& Baked Beans

Baked Beans or Peas

V S

V

V S

V S

V

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)

S

V S

PUD



Fruit Yoghurt
(MK)

Fruit Yoghurt
(MK)

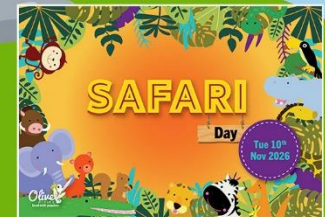
Vanilla Shortbread
(G/W)

Chocolate Mousse
(MK, SO*)

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

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

31 AUG / 21 SEP
12 OCT / 09 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

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THEME DAYS

MAIN



Beef Ragu Topped Mac & Cheese
(MK, G/W)

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

Lightly Spiced Chicken

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

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

VEGGIE



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

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

Lightly Spiced 'Plant Based' Chickn

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

Margherita Pizza
(MK, G/W)

SIDES



Peas & Sweetcorn

Steamed Rice with Carrots & Green Beans

Paprika Diced Potatoes & Sweetcorn

Homemade Potato Wedges & Baked Beans

Homemade Potato Wedges & Baked Beans

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)

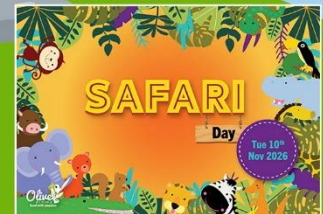
Chocolate Shortbread Biscuit
(G/W)

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

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

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THEME DAYS

MAIN



Sticky Chicken Pasta Bake
(CE, G/W)

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

Roast Chicken with Gravy

Beef Bolognese with Pasta
(G/B*, W)

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

VEGGIE



Sticky Veggie Pasta
Surprise
(CE, G/W)

Tuscan Vegetable Pasta
(MK, G/W)

Roast Jerk Quorn Fillet
(G/W)

Vegetable & Lentil
Bolognese with Pasta
(G/B*, W)

Cheesy Pizza & Chips
(MK, G/W)

V S

S

V

V S

SIDES



Broccoli

Peas & Sweetcorn

Rustic Roast Potatoes &
Seasonal Vegetables

Peas & Sweetcorn

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)

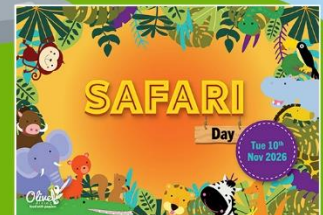
Orange Syrup Sponge with
Custard
(E, MK, SO*, G/W)

Lemon & Cardamom
Drizzle Cake with Vanilla
Sauce
(E, MK, SO*, SU, G/W)

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

S

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

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

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