

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Jerk Chicken Curry

Beef Burger
(SE*, SO, SU, G/W)

Roast Chicken & Gravy

Spaghetti Beef & Lentil
Bolognese
(G/B*, W)

Fish Fingers or Salmon
Fishcake & Chips
(F, G/B*, W)

VEGGIE



Sweet Potato, Chickpea &
Coconut Curry
(CE, G/B, O, R, W)

Vegetable Burger
(SE*, G/W)

Roasted Root Vegetable
Pie & Gravy
(CE, G/W)

Tomato & Basil Gnocchi
(CE, E*, MK, MU*, SO*,
G/W)

Vegan Nuggets & Chips
(G/W)

V S

V

V S

V

SIDES



Rice & Peas with Green
Beans
(CE)

Homemade Potato Wedges
& Green Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Mixed Green Salad &
Sweetcorn

Baked Beans & Peas

V

V

V S

V

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



Yoghurt
(MK)

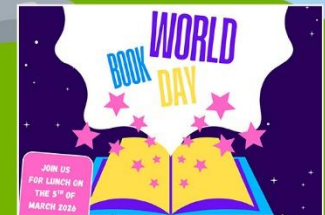
Homemade Chocolate
Cookie
(E, MK, SO*, G/W)

Yoghurt
(MK)

Yoghurt
(MK)

Ice Cream
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

05 JAN / 26 JAN
23 FEB / 16 MAR /

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
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Beef & Lentil Lasagne
(E*, MK, G/B*, W)

Chicken Noodles
(E, SO, G/W)

Butcher's Sausage with
Mashed Potato & Gravy
(MK, SO, SU, G/W)

BBQ Chicken Pizza
(MK, G/W)

Battered Fish or Salmon
Fishcake & Chips
(F, G/B*, W)

S

VEGGIE



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

Quorn & Vegetable Noodles
(E, SO, G/W)

Veggie Sausage with
Mashed Potato & Gravy
(MK, G/W)

Cheese & Tomato Pizza
(MK, G/W)

Margherita Pizza & Chips
(MK, G/W)

S

SIDES



Garlic Bread & Green Salad
(MK, SO*, G/W)

Broccoli & Sweetcorn

Roasted Carrots & Parsnips

Homemade Potato Wedges
& Green Salad

Beans or Peas

V

V S

V

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



Homemade Chocolate
Cookie
(E, MK, SO*, G/W)

Yoghurt
(MK)

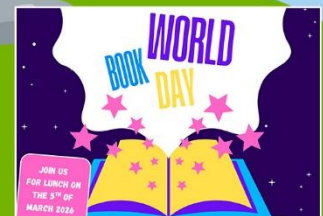
Yoghurt
(MK)

Fruit Jelly

Yoghurt
(MK)

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

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G/W = WHEAT

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WEEKLY MENU

WEEK 1
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MONDAY

TUESDAY

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FRIDAY

THEME DAYS

MAIN



Chicken Curry

Beef, Lentil & Mixed Bean
Chilli con Carne
(G/B*, W)

Homemade Chicken
Sausage Roll & Gravy
(E, G/W)

Spaghetti Beef & Lentil
Bolognese
(G/B*, W)

Battered Fish or Salmon
Fishcake & Chips
(F, G/B*, W)

S

S

VEGGIE



Quorn & Vegetable Curry
(E)

Quorn & Mixed Bean Chilli
con Carne
(E, G/B)

Homemade Roast
Vegetable & Stuffing Roll
(G/W)

Tomato & Basil Gnocchi
(CE, E*, MK, MU*, SO*,
G/W)

Veggie Sausage Roll &
Chips
(MK*, SO, G/B*, O*, W)

S

V

SIDES



Steamed Rice & Stir Fried
Greens

Steamed Rice & Sweetcorn

Rustic Roasted Potatoes
with Roasted Carrots &
Parsnips

Mixed Green Salad &
Sweetcorn

Beans or Peas

V

V

V S

V

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



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

Fruit Jelly

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

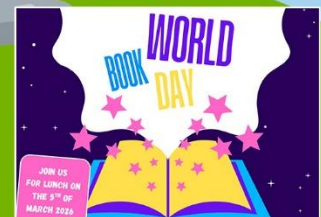
Orange Syrup Sponge &
Vanilla Sauce
(E, MK, SO*, G/W)

Vanilla & Raisin
Shortbread Biscuit
(G/W)

V

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

19 JAN / 09 FEB
09 MAR /

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G/W = WHEAT

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