

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Creamy Chicken Pesto Pasta
(MK, G/W)

Piri Piri Chicken

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

Meat Feast Pizza
(MK, G/W)

Battered Fish or Salmon Fishcakes & Chips
(F, G/W)

VEGGIE



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

Piri Piri Quorn & Veggies
(CE, E, MU, G/B, O*, R*, W)

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

Cheese & Tomato Pizza
(MK, G/W)

Vegan Nuggets & Chips
(G/W)

V

SIDES



Green Salad & Coleslaw
(E)

Steamed Rice & Green Beans

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 & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



Fresh Fruit

Fruit Jelly

Yoghurt
(MK)

Caramel Apple Crumble with Custard
(MK, G/W)

Vanilla & Raisin Shortbread Biscuit
(G/W)

V

V

S

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

4 SEP / 22 SEP /
13 OCT / 10 NOV /
1 DEC

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
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WEEK 3



MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Hoi Sin Chicken Stir Fry
(CE, MU*, SO, G/W)

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

Roast Chicken & Gravy

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

BBQ Chicken Pizza &
Chips
(MK, G/W)

VEGGIE



Hoi Sin Quorn & Vegetable
Stir Fry
(CE, E, MU*, SO, G/W)

Vegan Nuggets
(G/W)

Roasted Vegetable Filo
Parcel with Homemade
Tomato Sauce
(G/W)

Mac & Cheese
(MK, G/W)

Vegetable Burger & Chips
(SE*, G/W)

SIDES



Egg Fried Rice & Stir Fried
Greens
(E, SO, G/W)

Homemade Potato Wedges
with Baked Beans or Green
Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Green Salad & Coleslaw
(E)

Beans or Peas



PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket & Salad

Mac & Cheese
(MK, G/W)



PUD



Fresh Fruit

Yoghurt with Honey & Fruit
(MK)

Fruit Jelly

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

Ice Cream with Fresh
Fruit
(MK)



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

8 SEP / 29 SEP /
20 OCT / 17 NOV /
8 DEC

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THEME DAYS

MAIN



Jerk Chicken Curry

Beef Lasagne with Lentils
(E*, MK, G/B*, W)

Honey Glazed Chicken with
Homemade Wedges
(SO, G/W)

Mediterranean Chicken
Pasta
(G/W)

Battered Fish or Salmon
Fishcakes & Chips
(F, G/W)

VEGGIE



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

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

Honey Glazed Quorn with
Homemade Wedges
(SO, G/W)

Cherry Tomato & Spinach
Pasta
(CE, G/W)

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

V S

S

SIDES



Rice & Peas with Green
Beans

Mixed Green Salad

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Carrots & Green Beans

Beans or Peas

V

V

V S

V S

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



Fresh Fruit

Fruit Jelly

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

Fresh Fruit

Vanilla & Raisin
Shortbread Biscuit
(G/W)

V

V

V

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

15 SEP / 6 OCT /
3 NOV / 24 NOV /
15 DEC

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