

# Menu

Week 1

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Soup

HOT HOT HOT

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

Crispy Chicken goujon  
with Tomato Sauce  
(G,E,Mk)

Sweet chilli  
And stir fry vegetables  
(none)

Steamed green beans

Steamed Penne  
(G)

Strawberry jelly

Chicken sausages  
(G,Su)

Butternut Squash  
Leek Wellington  
(E,G,MK)

Buttered carrots

Creamy Mash Potato  
(none)

Apple cake  
(E,G)

Pepperoni Pizza  
(G,Mk,Su)

Tomato and  
Mozzarella Pizza  
(G,Mk)

Steamed sweet  
corn

Potato Wedges  
(Mk)

Greek yogurt  
(Mk)

Baked cod fish or  
Gluten Free Fish  
Fingers with  
home made  
tartare sauce and  
lemon  
(G,Su,F,E)

Spanish Omelette  
(E)

Garden peas  
Baked beans

Skin on Chips

White chocolate  
flap jack  
(Mk,So,G)

lemon and herb  
Chicken  
(None)

Roasted...  
pumpkin,leek and  
potato  
Gratin  
(MK,G)

Steamed Broccoli

Steamed rice

Fresh fruit salad

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*



## Dates

2<sup>nd</sup> Sep, 16<sup>th</sup> Sep,  
30<sup>th</sup> Sep, 14<sup>th</sup> Oct,  
28<sup>th</sup> Oct, 11<sup>th</sup> Nov,  
25<sup>th</sup> Nov, 9<sup>th</sup> Dec

## Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

# Week 2 Menu

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Soup

HOT HOT HOT

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

Home Made Sausage Roll  
(G, E, Su)

Chicken with honey and thyme  
(none)

Turkey Lasagna with Tomato Sauce  
(G, Mk)

Baked cod fish or Gluten free Fish Fingers with tartare sauce  
(G, Su, F, E)

Pan Fried Paprika Chicken Fillet  
(None)

Maccaroni cheese  
(MK, G, E)

Chickpea coconut Mild curry  
(none)

Vegetable Stew  
(G)

Mediterranean frittata  
(E)

Moroccan Vegetable Tagine  
(None)

Steamed Green Beans and carrots

Sweetcorn

Steamed broccoli

Garden peas Baked beans

Roasted carrots

New potato

Vegetable rice

Garlic Bread  
(G)

Skin on chips

Mash potato  
(none)

Raspberry jelly

Marble Cake

Greek yogurt  
(Mk)

Sticky Toffee cake  
(E, G, Su)

Fresh Fruit Salad

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

## Dates

9th Sep, 23<sup>rd</sup> Sep,  
07<sup>th</sup> Oct, 21<sup>st</sup> Oct,  
04<sup>th</sup> Nov, 18<sup>th</sup> Nov,  
25<sup>th</sup> Nov, 2<sup>nd</sup> Dec

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

## Allergens





# Week 3 Menu

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

## Soup

HOT HOT HOT

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

MON

TUES

WED

THU

FRI

Mushroom Carbonara  
(MK)

Tomato sauce

Steamed Green beans  
And Carrots

Penna Pasta  
(G)

Raspberry Jelly

Roast Chicken  
Gravy  
(none)

Green Pepper and sweet  
Potato mild curry  
(none)

Steamed Rice  
Roast potato

Pineapple upside-down  
Cake  
(G,E,SU)

Turkey Bolognese  
(Ce)

Vegetable Ragu  
(none)

Broccoli

Spaghetti  
(G)

Greek Yoghurt  
(MK)

Baked Cod fish with  
Lemons and Home made  
tartar Sauce(G,Su,F,E)

Bean Vegetable Crumble  
(G)

Peas  
Baked Beans

Chunky Chips

Lemon Drizzled Cake  
(G,E)

BBQ Chicken  
(none)

Vegetable and Butter bean  
(none)

Roasted Cauliflower

Mash potato  
(none)

Fruit Salad

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*



## Dates

16<sup>th</sup> Sep, 14<sup>th</sup> Oct,  
11<sup>th</sup> Nov, 9<sup>th</sup> Dec

## Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

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# Week 4 Menu

Eat the Seasons  
- SEASONALLY FRESH, PERFECTLY PICKED -

## Soup

HOT HOT HOT

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

MON

TUES

WED

THU

FRI

Stir Fry Vegetable  
Chicken  
(SO,G)

Vegetable and Tofu  
Stir Fry  
(SO,G)

Sweetcorn

**Noodles**  
(G)

Strawberry Jelly

Turkey with Tomatoes  
Ragu  
(none)

Thai Green Vegetable  
Curry

Steamed Gren Beans

Steamed Basmati Rice  
Steamed Penne (G)

White Chocolate and  
Banana Cake  
(G,Mk,So,E)

Rosemary and lemon  
Chicken  
(none)

Veggie Mince  
Casserole with root  
Vegetables (So)

Broccoli

**New potato**

Greek Yoghurt  
(MK)

Breaded Cod Fillet with  
Lemons and Home Made  
Tartar Sauce (G,,Su,F,E)

(Mk,F,G)

Potato Gnocchi with  
Tomato & Roast  
Vegetable Sauce (G,)

Baked Beans  
Peas

Skin on Chips

Blueberry Tray bake  
(G,E)

Turmeric Chicken  
(MK)

Cheese & Med VeG Tart  
(G,E,MK)

**Roasted Carrots**

Steamed Rice

**Fruit Salad**

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*



## Dates

23<sup>rd</sup> Sep, 21<sup>st</sup> Oct,  
18<sup>th</sup> Nov,

## Allergens

Ce = Celery  
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containing Gluten

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Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide