

YOUR MENU THIS WEEK



WEEK COMMENCING
29.08.2022
19.09.2022
10.10.2022
07.11.2022
28.11.2022
02.01.2023
23.01.2023

WEEK ONE

Available daily

Handmade Bread (1,3,6,11), Fresh Salads & Fruit,
Jacket Potatoes with Beans, Cheese (1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & tomato pizza. (v) (1,3,6)(mc.11)	Beef bolognese with 50/50 pasta (3)	Roast chicken & gravy	Pork sausage hot dog with ketchup (3,12)(mc.7)	Fish fingers (2,3)
PLANT POWER	Chickpea, spinach & potato curry with 50/50 rice. (v) (1)(mc.13)	Red lentil & vegetable bolognese. (v) (1,3)	Cheesy cauliflower & squash bake. (v) (1,3,14)	Quorn hot dog with ketchup. (v) (1,3,11)(mc.7)	Broccoli, tomato & cheddar topped focaccia. (v) (1,3)
SIDES	Sweetcorn Baked beans Garlic & herb potatoes (mc.13)	Carrots Green beans	Roast potatoes (mc.13) Medley of vegetables	Baked potato wedges Sweetcorn Winter slaw	Chips Baked beans Peas
PUDDINGS	Cherry & vanilla shortbread (1,3)	Marbled sponge with chocolate sauce (1,3,11)	Rice pudding with fruit compote (1)	Wholemeal caramel apple crumble & custard (1,3)	Fruit jelly (12)

Allergn Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard.

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE



YOUR MENU THIS WEEK



WEEK
COMMENCING
05.09.2022
26.09.2022
17.10.2022
14.11.2022
05.12.2022
09.01.2023
30.01.2023

Available daily

WEEK TWO

Handmade Bread (1,3,6,11), Fresh Salad & Fruit
Also Available, Daily Jacket Potatoes with Beans, Cheese (1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mac & cheese (v) (1,3)	Chicken meatballs with tomato sauce	Roast turkey with gravy	Cottage pie (1,3)	Fish fingers (2,3) Or Salmon fishcakes. (2,3)
PLANT POWER	Vegetable burrito with potato wedges (v) (1)	Lentil & bean casserole (v) (1)(MC 3)	Autumn vegetable cobbler (v) (1,3)	Vegetarian cottage pie (v) (1,3,6)	Roasted squash & pepper frittata (1,11) (v)
SIDES	Sweetcorn & peas Side salad	50/50 rice Carrots Green beans	Roast potatoes (mc.13) Medley of vegetables	Cauliflower (v) Broccoli (v)	Chips (v) baked beans (v) peas (v)
PUDDINGS	Fruit medley	Orchard fruit crumble with vanilla sauce (v) (1,3)	Yoghurt. (v) (1)	Berry ripple sponge (v)(1,3,11,12) with custard (1)	Golden syrup & ginger biscuit (v) (3)

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YOUR MENU THIS WEEK



WEEK
COMMENCING
12.09.2022
03.10.2022
31.10.2022
21.11.2022
12.12.2022
16.01.2023
06.02.2023

Available daily

WEEK THREE

Handmade Bread (1,3,6,11), Fresh Salads & Whole Fruit,
Jacket Potatoes with Beans, Cheese (1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted vegetable pasta bake (v) (1,3)	Traditional beef & vegetable pie with gravy (1,3)	Roast Gammon & gravy	Chicken goujons with bbq sauce (3)	Fish fingers (2,3)
PLANT POWER	Smoky vegetable & cheese pizza (v) (1,3,6) (mc.11)	Butternut squash & red pepper pie (v)(3)	Quorn sausages & gravy(v) (3)	Vegetable & bean wrap (v) (3)	Cheese, potato & onion pie (v) (1,3)
SIDES	Half a jacket Sweetcorn & pepper Coleslaw (11) Peas	Mash(v) (mc.13) Cauliflower Green beans	Roast potatoes (mc.13) Green cabbage Carrots	Potato wedges Sweetcorn Broccoli	Chips Baked beans Peas
PUDDINGS	Ice cream/ yoghurt (1)	Oat cookie (1,3) with a glass of milk (1)	Chocolate & fruit rice pudding. (v) (1)	Winter fruit sponge with custard (1,3,11,12)	Krispie cake (v) (1,3,6)

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