

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## THEME DAYS

### MAIN

**CHICKEN & TOMATO  
WHOLEMEAL PASTA**  
(MK, G/W)

**SWEET & SOUR  
CHICKEN**  
(CE)

**ROAST BEEF & GRAVY**

**CHICKEN NOODLES**  
(E, SO, G/W)

**FISH FINGERS OR  
SALMON FISHCAKE &  
CHIPS**  
(F, G/W)

### VEGGIE

**TOMATO & BASIL  
GNOCCHI**  
(CE, E\*, MK\*, MU\*, SO\*,  
G/W)

**SWEET & SOUR  
BUTTERNUT SQUASH  
& VEGETABLES**  
(CE)  


**SUMMER VEGETABLE  
QUICHE & NUT FREE  
PESTO**  
(E, MK, G/W)

**VEGETABLE NOODLES**  
(E, SO, G/W)

**SPINACH & FETA  
PARCEL**  
(E, MK, G/W)

### SIDES

**GARLIC BREAD &  
GREEN SALAD**  
(MK\*, SO\*, G/W)  


**EGG FRIED RICE & STIR  
FRIED GREENS**  
(E, SO, G/W)  


**RUSTIC ROAST POTATOES  
WITH ROAST PARSNIPS &  
CARROTS**  


**STIR FRIED GREENS**

**BEANS OR PEAS**  


### SPECIALS

**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

**WHOLEMEAL TOMATO &  
BASIL PASTA**  
(G/W)

**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

**ROASTED VEGETABLE  
WHOLEMEAL PASTA**  
(G/W)

**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

### PUD

**FRUIT JELLY**

**TROPICAL SMOOTHIE**  
(MK)

**SUMMER FRUIT  
CRUMBLE**  
(G/B\*, O, W)

**CHOCOLATE ORANGE  
MARBLE CAKE**  
(E, MK, SO\*, G/W)

**ICED FRUIT LOLLY**

**JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS**



## DATES

**21ST APRIL / 12TH MAY / 9TH  
JUNE / 30TH JUNE / 21ST  
JULY**

## 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

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## MONDAY

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## THEME DAYS

### MAIN



**BBQ CHICKEN PIZZA**  
(MK, G/W)

**BEEF & MIXED BEAN  
CHILLI CON CARNE**

**ROAST CHICKEN &  
GRAVY**

**MEATBALLS & COUS COUS**  
(MU\*, SO\*, G/B\*, O\*, R\*, W)

**BATTERED FISH OR  
SALMON FISHCAKE &  
CHIPS**  
(F, G/W)

### VEGGIE



**MARGHERITA PIZZA**  
(MK, G/W)

**QUORN & MIXED BEAN  
CHILLI CON CARNE**  
(E, G/B)

**SUMMER VEGETABLE  
TART**  
(G/W)

**VEGGIE MEATBALLS &  
COUS COUS**  
(CE\*, E\*, MU\*, SE\*, SO, G/B,  
O\*, R\*, W)

**VEGAN NUGGETS AND  
CHIPS**  
(G/W)  
**V**

### SIDES



**HOMEMADE POTATO  
WEDGES & GREEN SALAD**  
**S**

**STEAMED RICE WITH  
BROCCOLI & GREEN  
BEANS**  
**S**

**RUSTIC ROAST POTATOES  
WITH ROAST PARSNIPS &  
CARROTS**  
**S**

**PEAS & CARROTS**  
**S**

**BEANS OR PEAS**  
**S**

### SPECIALS



**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

**WHOLEMEAL TOMATO &  
BASIL PASTA**  
(G/W)

**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

**ROASTED VEGETABLE  
WHOLEMEAL PASTA**  
(G/W)

**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

### PUD



**CHOCOLATE &  
BEETROOT BROWNIE**  
(E, MK, SO, G/B\*, W)

**HONEY & RAISIN  
FLAPJACK**  
(G/B\*, O, W\*)

**FRUIT YOGHURT WITH  
FRESH FRUIT**  
(MK)

**PINEAPPLE & GINGER  
CAKE**  
(E, MK, SO\*, G/W)

**ICE CREAM WITH  
FRESH FRUIT**  
(MK)

**JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS**



## DATES

**28TH APRIL / 19TH MAY /  
16TH JUNE / 7TH JULY**

## ALLERGENS

**CE = CELERY**  
**CR = CRUSTACEAN**  
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**G/B = BARLEY**

**G/O = OATS**  
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**G/W = WHEAT**

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## THEME DAYS

### MAIN



**CHICKEN FAJITAS**  
(G/W)

**BEEF BURGER**  
(SE\*, SO, SU, G/W)

**ROAST TURKEY &  
GRAVY**

**CHICKEN CURRY WITH  
STEAMED RICE**  
(CE, G/B\*, O\*, R\*, W\*)

**FISH FINGERS OR  
SALMON FISHCAKES  
& CHIPS**  
(F, G/W)

### VEGGIE



**VEGGIE QUORN  
FAJITAS**  
(CE, E, MU, G/B, O\*, R\*,  
W)

**CHICKPEA &  
SPINACH BURGER**  
(SE\*, G/B\*, O\*, R\*, W)  
**V**

**THYME & GARLIC  
ROASTED QUORN**  
(G/W)  
**V**

**CHERRY TOMATO &  
SPINACH WHOLEMEAL  
PASTA**  
(CE, G/W)  
**V**

**VEGGIE SAUSAGE  
ROLL & CHIPS**  
(MK\*, SO, G/B, W)

### SIDES



**SPICY RICE &  
GREEN SALAD**  
**S**

**HOMEMADE POTATO  
WEDGES, BAKED BEANS &  
GREEN SALAD**  
**S**

**RUSTIC ROAST  
POTATOES WITH ROAST  
CARROTS & PARSNIPS**  
**S**

**BROCCOLI &  
SWEETCORN**  
**S**

**BEANS OR PEAS**  
**S**

### SPECIALS



**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

**WHOLEMEAL  
TOMATO & BASIL  
PASTA**  
(G/W)

**JACKET POTATO  
WITH A CHOICE OF  
TOPPINGS**

**ROASTED VEGETABLE  
WHOLEMEAL PASTA**  
(G/W)

**JACKET POTATO  
WITH A CHOICE  
OF TOPPINGS**

### PUD



**FRUIT JELLY**

**SPICED BANANA  
CAKE & TOFFEE  
SAUCE**  
(E, MK, SO\*, G/W)

**SUMMER FRUIT  
CRUMBLE**  
(G/B\*, O, W)

**VANILLA SHORTBREAD**  
(G/W)

**STRAWBERRY  
MOUSSE**  
(MK)

**JACKET POTATO | DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT | SELECTION OF COLD DESSERT POTS**



## DATES

**6TH MAY / 2ND JUNE / 23RD  
JUNE / 14TH JULY**

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