

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



BBQ Roasted Vegetables

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

Roast Chicken & Gravy
(G/W)

Jerk Chicken

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

V S

VEGGIE



Baked Cajun Chickpea &
Pepper Fajitas
(MU, G/B*, O*, R*, W)

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

Lemon & Herb Quorn Fillet
(G/W)

Jerk Quorn
(G/W)

Vegan Sausage Roll &
Chips
(G/B*, O*, W)

V S

S

V

V

SIDES



Vegetable & Bean Rice
(CE)

Peas & Green Beans

Rustic Roast Potatoes &
Medley of Seasonal
Vegetables

Rice & Peas

Beans or Peas

V S

V S

V S

V S

V S

PASTA & JACKET



Pasta with Homemade
Nut Free Pesto
(MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Tomato & Basil Pasta
(G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

V S

PUD



Fresh Fruit

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

Fruit Yoghurt
(MK)

Homemade Chocolate
Cookie
(E, G/W)

Orange & Chocolate
Marble Cake
(E, MK, SO*, G/W)

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

27 APR / 18 MAY
15 JUN / 06 JUL /

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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Pasta with Homemade Nut Free Pesto (MK, G/W)

Yakatori Chicken Noodles (E, SO, G/W)

Roast Chicken & Gravy (G/W)

Chicken Tikka Masala (MK, G/B*, O*, R*, W*)

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

VEGGIE



Mexican Bean Enchilada Pie (CE, MK, G/B*, W)

Sweet Chilli Roasted Vegetable Noodles (E, SO, G/W)

Vegetable & Lentil Parcel (CE, G/B*, W)

Butternut Squash & Spinach Tarkha Dahl (CE, G/B*, O*, R*, W*)

Cheese & Tomato Pizza (MK, G/W)

S

S

V S

V S

SIDES



Homemade Potato Wedges & Sweetcorn

Stir Fried Greens

Rustic Roast Potatoes & Medley of Seasonal Vegetables

Pilau Rice with Green Beans & Sweetcorn

Beans or Peas

V S

V S

V S

V

V S

PASTA & JACKET



Tomato & Basil Pasta (G/W)

Jacket Potato with a Choice of Fillings (E, F, MK)

Tomato & Basil Pasta (G/W)

Jacket Potato with a Choice of Fillings (E, F, MK)

Jacket Potato with a Choice of Fillings (E, F, MK)

V S

V S

PUD



Fruit Jelly

Oat & Berry Cake with Fruit Coulis (E, MK, SO*, G/B*, O, W)

Fruit Yoghurt (MK)

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

Iced Vanilla Sponge (E, MK, SO*, G/W)

V

S

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



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20 APR / 11 MAY

08 JUN / 29 JUN / 20 JUL

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(G/W)

Jerk Chicken

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

VEGGIE



Baked Cajun Chickpea &
Pepper Fajitas
(MU, G/B*, O*, R*, W)

V S

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

S

Lemon & Herb Quorn Fillet
(G/W)

V

Jerk Quorn
(G/W)

V

Vegan Sausage Roll &
Chips
(G/B*, O*, W)

SIDES



Vegetable & Bean Rice
(CE)

V S

Peas & Green Beans

V S

Rustic Roast Potatoes &
Medley of Seasonal
Vegetables

V S

Rice & Peas

V S

Beans or Peas

V S

PASTA & JACKET



Pasta with Homemade
Nut Free Pesto
(MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Tomato & Basil Pasta
(G/W)

V S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

PUD



Fresh Fruit

V

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

Fruit Yoghurt
(MK)

Homemade Chocolate
Cookie
(E, G/W)

Orange & Chocolate
Marble Cake
(E, MK, SO*, G/W)

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