

DATES 31 AUG / 21 SEP 12 OCT / 09 NOV / 30 NOV		WEEKLY MENU WEEK 1 WEEK 2 WEEK 3				
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MEAT	Mild Beef & Vegetable Casserole (CE)	Super Swirl Beefy Pasta (G,W)	Roast Chicken with Gravy	BBQ Chicken & Sweetcorn Pizza (MK, G,W)	Captain's Crispy Fish Fingers or Salmon Fishcakes & Chips (F, G,W)	
	VEGGIE	Roasted Vegetable Casserole (CE)	Super Swirl Veggie Pasta (G,W)	Cheesy Veggie Hot Pot with Gravy (CE, MK, G,W)	Cheesy Tomato Pizza (MK, G,W)	Cheesy Mexican Veggie Burrito & Chips (MK, G,W)
		JACKET POTATO & PASTA	Tomato Pasta Twirls (G,W)	Cheese & Beans Jacket Potato	Mac & Cheese (MK, G,W)	Chilli Jacket Potato

DATES
07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Beef Cottage Pie
(CE)



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



Lightly Spiced Chicken



Hot Dog
(CE, SE*, SO*, SU, G/W)



Captain's Crispy Fish
Fingers & Chips
(F, G/W)



Veggie Cottage Pie



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



Lightly Spiced 'Plant
Based' Chicken



Veggie Hot Dog
(SE*, SO*, G/W)



Vegan Nuggets & Chips
(G/W)



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



Italian Tomato Twirl Pasta
(CE, MK, G/W)



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



Tomato & Vegetable Pasta
(CE, G/W)



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

DATES
14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Sticky Chicken Pasta Bake
(CE, G/W)



Cowboy Beef Chilli
(CE)



Roast Chicken with Gravy



Jerk Chicken Curry
(CE)



Crispy Catch Fish & Chips
(F, G/W)



Sticky Veggie Pasta
Surprise
(CE, G/W)



Tex Mex Mild Veggie Chilli
(CE)



Roast Jerk Quorn Fillet
(G/W)



Jerk Vegetable Curry
(CE, G/B*, O*, R*, W*)



Cheesy Pizza & Chips
(MK, G/W)



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



Mac & Cheese
(MK, G/W)



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



Italian Tomato Twirl Pasta
(CE, MK, G/W)



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