

# Menu

## Week 1



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Tomato Basil Penne Pasta  
(G)

Chicken Sausages & Mash with gravy  
(G, Mk, Su)

Jacket Potatoe Fiesta

Chicken Biryani

Fish Fingers with Tartar Sauce  
(G,F,E)

### Veggie

MEAT FREE MAINS

Roasted Vegetable Penne Pasta  
(G)

Vegetable Sausage & Mash with Gravy  
(G, E, Mk)

Jacket Potatoe Fiesta

Vegetabe BIRYANI

Veg Finger with Tartar Sauce  
(G,E,Su)

### veg

EXTRA GOOD

Steamed Broccoli

Steamed Green Beans

Baby Carrots

Roasted Cauliflower

Baked Beans

Peas

### Carbs

FUEL FOOD

Home Bake focaccia  
(G)

Mashed Potatoes  
(Mk)

Biryani Rice

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fresh Fruits, Yoghurt

Apple & Blackberry Crumble  
(G)

Fruity Jelly

Carrot Cake  
(G,E,Mk)

Fresh Fruits Yoghurt

Salad bar, cold desserts and fresh fruit available daily.

### Dates

Insert dates here

### Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

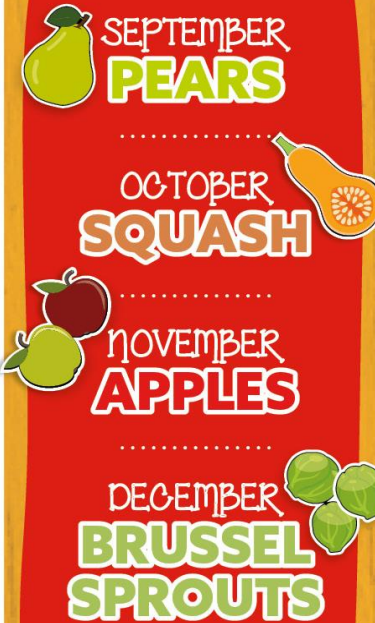
Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



# Menu

## Week 2



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Ratatouille Pasta Bake  
(G,Mk)

Beef chilli con carne

Margherita Pizza  
(G,E,Mk)

Roast Chicken With Gravy

Home-made Fish Goujons  
(E,G,F)

### Veggie

MEAT FREE MAINS

Pesto Power Penne  
(G)

Vegetable Chilli Con Carne

Margherita Pizza  
(G,E,Mk)

Roasted Vegetable Crumble

Spanish Frittata  
(E,Mk,)

### veg

EXTRA GOOD

Steamed Broccoli

Coleslaw  
(E)  
Sweetcorn

Steamed Green Beans

Kale  
Roasted Carrots

Garden Peas  
Baked Beans

### Carbs

FUEL FOOD

Home Bake Focaccia  
(G)

Steamed Rice

Crispi Potato Wedges

Roasted Potatoes

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fresh Fruit, Yoghurt (Mk)

Apricot Sponge Cake  
(G)

Fruity Jelly

Chocolate Brownie  
(G,E)

Fresh Fruits, Yoghurt (Mk)

Salad bar, cold desserts and fresh fruit available daily.

### Dates

Insert dates here

### 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





# Menu

## Week 3



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Mac&Cheese  
(G,Mk)

Shepherd's Pie  
(Mk)

Roast Turkey with  
Gravy

Chicken and  
Vegetable Hot Pot  
with Sauté Potato  
Topping  
(Mk)

Fish Finger Dog  
(G,F)

### Veggie

MEAT FREE MAINS

Macaroni Pasta  
Tossed in a Basil  
Pesto Baked with  
Cheese  
(G,Mk)

Vegetable Shepherd's  
Pie  
(Mk)

Roasted Vegetable  
in Tomatoe Basil  
Sauce

Seasonal Vegetable  
and Butternut  
Squash Hot Pot with  
Sauté Potato  
Topping  
(Mk)

Vegetable Finger Dog  
(G)

### veg

EXTRA GOOD

Sweetcorn

Green Beans

Roasted Carrots  
Roasted Parsnips

Medley of Steamed  
Green Vegetables

Garden Peas  
Baked Beans

### carbs

FUEL FOOD

Home Bake Focaccia  
(G)

Steamed Rice

Roasted Potatoes

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fresh Fruits  
Yoghurt

Flap Jack  
(G)

Fruity Jelly

Lemon Sponge Cake  
(G)

Fresh Fruits,  
Yoghurt

Salad bar, cold desserts and fresh fruit available daily.

### Dates

Insert dates here

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

