

Menu

week 1



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken curry
(Mu)

Greek Style minced
lamb Shepperd's Pie
with Onion Gravy

Roast chicken and
roast gravy

Pasta bolognaise
(G)

Breaded fish fingers
with ketchup and
tartare sauce
(G,F,E,Mu)

Veggie

MEAT FREE

Vegetable and
Quorn curry
(G,Mu)

Veggie cottage pie
with veggie gravy
(So)

Roast broccoli and
blue cheese bake
(G,Mk)

Vegetarian pasta
bolognaise
(G,So)

Gnocchi with
tomato sauce and
mozzarella
(G,Mk,E)

veg

EXTRA GOOD

Broccoli
Roasted red onion

Braised cabbage
Roasted carrots

Green beans
Cauliflower

Mixed salad

Baked beans
Garden peas

Carbs

FUEL FOOD

Steamed Rice

Roast potatoes

Garlic bread
(G,So,Mk)

Baked oven chips

Dessert

SOMETHING SWEET

Key lime pie
(G,Mk)

Lemon and poppy
seed sponge
(G,E)

Sticky toffee
pudding
(G,E,Su)

Banbury Cakes
(G,E,Su)

Chocolate brownie
pudding with
chocolate sauce
(G,Mk,E)

SEPTEMBER SWEETCORN

8th - American Day

OCTOBER APPLES

6th - German Day

NOVEMBER BUTTERNUT

5th - Bonfire Night

DECEMBER CELERIAC

1st - 16th
12 Days of Christmas

DATES

27th Sept

Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

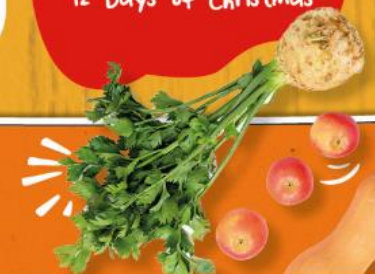
N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide



Menu

week 2



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chinese Style sweet and sour pork with pineapple

Greek style baked garlic and lemon chicken

Pork sausage served with onion gravy (G,Su)

Penne pasta & meatballs in a chunky tomato sauce (G,Su)

Chicken and sweetcorn pizza (G,Mk,E,Ce)

Veggie

MEAT FREE

Sweet and sour oriental vegetables with and Quorn (E)

VEGAN Gemistra Greek stuffed Peppers (G)

Vegetarian sausages (G)

Macaroni cheese bake (G,Mk)

Margherita pizza (G,Mk,E)

veg

EXTRA GOOD

Sweetcorn and roasted mix peppers

Green cabbage
Broccoli

Carrots
Cauliflower

Mixed salads

Rainbow slaw (E)

Carbs

FUEL FOOD

Rice

Parmenter potato

Mash potato

Garlic bread (G,Mk,So)

Seasoned potato wedges

Dessert

SOMETHING SWEET

Lemon Blondie (G,E)

Oaty cookie (G,E,Mk)

Carrot Cake (G,E)

Strawberry cheesecake (G,Mk)

Chocolate rice Krispie cake (G,,Mk,So)

SEPTEMBER SWEETCORN
8th - American Day

OCTOBER APPLES
6th - German Day

NOVEMBER BUTTERNUT
5th - Bonfire Night

DECEMBER CELERIAC
1st - 16th
12 Days of Christmas

DATES

4th Oct

Allergens

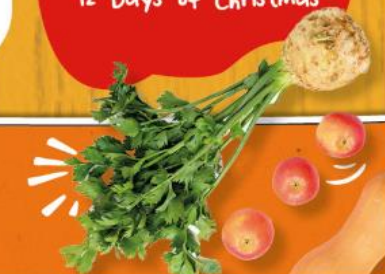
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Menu

week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chilli con carne with sour cream (Mk) and tortilla chips

Peri Peri chicken (Mu)

Roast chicken served with gravy

Pasta bolognese (G)

Fish fingers (G,F)

Veggie

MEAT FREE

Veggie chilli (So) with sour cream (Mk) and tortilla chips

Peri Peri Quorn steaks (E,Mu)

Cheese and onion pinwheel (G,Mk)

Veggie bolognese (G,So)

Beetroot falafel (G,Mu) with Garlic dip (E)

veg

EXTRA GOOD

Steamed broccoli
Courgette

Tomato salad
Coleslaw (E)

Carrots
Roasted courgette

Roasted leeks
Mixed salad

Corn on the cob
Garden peas

Carbs

FUEL FOOD

Fluffy rice

Seasoned potato wedges

Roast potato

Garlic bread (G,So,Mk)

Baked oven chips

Dessert

SOMETHING SWEET

Honey cake (G,E)

Chocolate Mousse (Mk)

Shortbread (G)

Fruit jelly

Flapjack (G)

SEPTEMBER SWEETCORN

8th - American Day

OCTOBER APPLES

6th - German Day

NOVEMBER BUTTERNUT

5th - Bonfire Night

DECEMBER CELERIAC

1st - 16th
12 Days of Christmas

Dates

11th Oct

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

