

# Menu

week 1



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Chicken curry  
(Mu,Mk)

Greek Style minced  
lamb Shepperd's Pie  
with Onion Gravy  
(Mk,Ce)

Roast chicken and  
roast gravy (None)

Classic beef  
lasagne  
(G,Mk)

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

## Veggie

MEAT FREE

Vegetable and  
Quorn curry (E,Mu)

Veggie cottage pie  
with veggie gravy  
(G)

Roast broccoli and  
blue cheese bake  
(G, Mk,Mu,Su)

Roasted vegetable  
lasagne (G,Mk)  
or roasted  
vegetables with  
pasta(G)

Gnocchi with  
tomato sauce and  
mozzarella  
(G,So,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

parsley potatoes

Roast potatoes

Garlic bread  
(G,So,Mk)

Baked oven chips

## Dessert

SOMETHING SWEET

Apple and mixed  
berry crumble and  
custard (G,Mk)

Lemon and poppy  
seed sponge  
(G,E)

Sticky toffee  
pudding  
(G,Mk,E)

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

Key lime pie  
(G,Mk)

*Filled baked potato, salad bar and a selection of fresh fruit and yoghurt pots available daily.*



8<sup>th</sup> - American Day



6<sup>th</sup> - German Day



5<sup>th</sup> - Bonfire Night



1<sup>st</sup> - 16<sup>th</sup>  
12 Days of Christmas

## DATES

6th Sept / 27<sup>th</sup> Sept / 18<sup>th</sup> Oct  
15<sup>th</sup> Nov / 6<sup>th</sup> Dec

## Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluses

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 (G,So)

Greek style baked garlic and lemon chicken (G,E,Se,So)

Roast Turkey, stuffing and roast gravy (G)

Beef Bolognese with penne pasta (G,Mk,Su)

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

## Veggie

MEAT FREE

Sweet and sour oriental vegetables with noodles and Quorn (E,G,So)

VEGAN Gemistra Greek stuffed Peppers (G)

Cheese and onion Pastie (G,E,Mk)

Veggie mince and lentil Bolognese with pasta (So,G)

Margherita pizza (G,Mk,E)

## veg

EXTRA GOOD

Sweetcorn and roasted mix peppers

Green cabbage  
Broccoli

Carrots  
Roasted courgette

Mixed salads

Rainbow slaw (E)

## Carbs

FUEL FOOD

Noodles (E,G)

Fluffy steamed white and brown rice

Crushed new potatoes

Garlic bread (G,So,Mk)

Seasoned potato wedges (Mu)

## Dessert

SOMETHING SWEET

Lemon Blondie (G,E,Mk)

Oaty cookie (G,Mk,E)

Carrot Cake (G,E)

Strawberry cheesecake (G,Mk)

Gypsy Tart (G,E,Mk,Se,So,Su)

*Filled baked potato, salad bar and a selection of fresh fruit and yoghurt pots available daily.*

**SEPTEMBER SWEETCORN**  
8<sup>th</sup> - American Day

**OCTOBER APPLES**  
6<sup>th</sup> - German Day

**NOVEMBER BUTTERNUT**  
5<sup>th</sup> - Bonfire Night

**DECEMBER CELERIAC**  
1<sup>st</sup> - 16<sup>th</sup> 12 Days of Christmas

### DATES

13th Sept / 4<sup>th</sup> Oct 15<sup>th</sup> / 1<sup>st</sup> Nov  
/ 22<sup>nd</sup> Nov / 13<sup>th</sup> Dec

### Allergens

Ce = Celery  
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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



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

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

Peri Peri chicken (Su,E,G)

Pork sausage Or Chicken sausages (G,Su)

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

Fish goujons with lemon and homemade tartare sauce & ketchup (E,F,G,Mu,Su)

## Veggie

MEAT FREE

Veggie chilli with sour cream and tortilla chips (G,E)

Peri Peri Quorn steaks (E, Mu)

Veggie sausages (G)

Macaroni cheese bake (G,Mk)

Beetroot falafel with Garlic dip (Mk,E)

## veg

EXTRA GOOD

Steamed broccoli Courgette

Tomato salad Coleslaw (E)

Carrots Cauliflower

Roasted leeks Mixed salad

Corn on the cob Garden peas

## Carbs

FUEL FOOD

Fluffy rice

Seasoned potato wedges (Mu)

mashed potatoes

Garlic & rosemary focaccia (G)

Baked oven chips

## Dessert

SOMETHING SWEET

Honey cake (G,E)

Butterscotch Bread and Butter Pudding (G,E,Mk,So,Su)

Shortbread (G)

Cornflake tart and custard (G,E,Mk)

Flapjack (G)

Filled baked potato, salad bar and a selection of fresh fruit and yoghurt pots available daily

**SEPTEMBER SWEETCORN**  
8<sup>th</sup> - American Day

**OCTOBER APPLES**  
6<sup>th</sup> - German Day

**NOVEMBER BUTTERNUT**  
5<sup>th</sup> - Bonfire Night

**DECEMBER CELERIAC**  
1<sup>st</sup> - 16<sup>th</sup> 12 Days of Christmas

### DATES

20<sup>th</sup> Sept / 11<sup>th</sup> Oct / 8<sup>th</sup> Nov / 29<sup>th</sup> Nov

### Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
 Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya  
 E = Eggs containing Gluten Mo = Molluses P = Peanuts Su = Sulphur Dioxide

