

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.



8th - American Day



6th - German Day



5th - Bonfire Night



1st - 16th
12 Days of Christmas

DATES

6th Sept / 27th Sept / 18th Oct
15th Nov / 6th Dec

Allergens

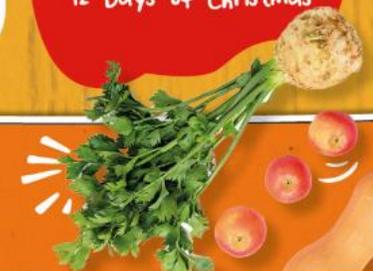
Ce = Celery
Cr = Crustacean
E = Eggs

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 (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
8th - American Day

OCTOBER APPLES
6th - German Day

NOVEMBER BUTTERNUT
5th - Bonfire Night

DECEMBER CELERIAC
1st - 16th
12 Days of Christmas

Dates

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

Allergens

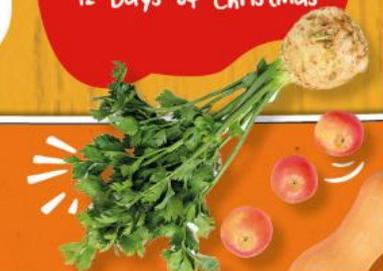
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Menu

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
8th - American Day

OCTOBER APPLES
6th - German Day

NOVEMBER BUTTERNUT
5th - Bonfire Night

DECEMBER CELERIAC
1st - 16th
12 Days of Christmas

Dates

20th Sept / 11th Oct / 8th Nov / 29th Nov

Allergens

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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
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