



WEEK 1 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Macaroni cheese, leek bake and basil pesto
(So,Mk,G,Se)

Turkey and sweetcorn pe with shortcrust pastry
(G,Mk)

Roast gammon ,with sage and onion stuffing and gravy

Chicken tikka masala
(G)

Cod fish fingers, tartare sauce
Roasted salmon lemon wedges
(G,Su,Mu,F,E)

VEGETARIAN

Feta and spinach filo pie and chunky tomato sauce
(Mk,E,G)

Spinach and cheddar wholemeal quiche
(Mk,E,G)

Chinese sweet and sour stir fried vegetables
(Ce,So,G)

Spinach, sweet potato and lentil dahl
(Mk,G)

Macaroni cheese bake
(G,So,Se,Mk)

CARBS

Garlic Bread
(G,Mk)

Creamy mashed potato
(Mk)

Roasted potatoes
(G,Mk,So)

Pilau rice
(Mk)

Oven baked chips

VEGGIES

Steamed broccoli

Leeks

Roasted root vegetables

Roasted cauliflower

Garden peas

Sweetcorn

Carrots

Garden peas

Green beans

Baked beans

PUDDING

Fruity flapjack
(G,Mk)

Banana Bread
(G,Mk,E)

Chocolate marble cake
(G,Mk,E)

Apple and mixed berry sponge cake
(G,Mk,E)

Vanilla ice cream
(M)

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit



ITALIAN DAY
24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER

★ 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 = Molluscs P = Peanuts Su = Sulphur Dioxide



WEEK 2 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Homemade cheese and tomato margarita pizza
(G,Mk,E)

Pork sausages
Classic gravy
(G,Su)

Traditional cottage pie with a crunchy potato topping
(Su,Mk,G,Ce)

Baked Mexican chicken enchilada wraps
(Mu,Mk,G)

Breaded cod fish fingers, chunky tartare sauce
Fillet of battered cod, lemon wedges
(G,Su,Mu,F,E)

VEGETARIAN

Roasted vegetables and goats cheese pizza
(Mk,G)

Vegetarian sausages with vege gravy
(Su,G)

Veggie cottage pie served with veggie gravy
(So,Mk,G,Ce)

Creamy mushroom and leek stroganoff
(Su,Mk,G)

Ratatouille vegetable and penne pasta bake with basil
(G,Mk)

CARBS

Potato Wedges

Creamy mash
(Mk)

Mexican rice
(G,Ce)

Oven baked chips

VEGGIES

Sweetcorn

Steamed carrots

Roasted carrots

Roasted Sweetcorn and Peppers

Garden Peas

Roasted courgettes

Baked beans

Garden Peas

Broccoli

Baked Beans

PUDDING

Shortbread
(Mk,G)

Sultana flapjack
(G,Mk)

Chocolate marble cake
(G,Mk,E)

Rhubarb and custard cake
(Mk,E,G)

Strawberry ice cream
(G,Mk)



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WEEK 3 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Spaghetti with tomato sauce and cheese (G,Mk)

Classic beef burger Served in a bun, salad and relish (Su,Se,Mu,G,Ce)

Roasted pork with apple sauce and gravy

Classic beef lasagne (G,Mk)

Cod fish fingers, chunky tartare sauce, Fillet of haddock in crisp batter with lemon (G,Su,Mu,F,E)

VEGETARIAN

Spaghetti with veggie mince Bolognaise (S,G,Mk)

Veggie burger with mint yoghurt in bun (G,Se,Mk)

Roasted pepper stuffed with couscous, apricots and sultanas (G)

Mediterranean vegetable lasagne (G,Mk)

Egg and cheddar frittata with roasted pepper and peas (Mk,E)

CARBS

Garlic bread (G,Mk)

Oven baked spicy potato wedges (Mu)

New potatoes

Garlic bread (So,Mk,G)

Oven baked chips

VEGGIES

Green beans

Baked beans

Leeks

Broccoli

Garden peas

Sweetcorn

Garden peas

Roasted carrots

Chef's mixed salad

Baked beans

PUDDING

Blueberry and Honey Flapjack (G,Mk)

Sugar free banana cake (Su,Mk,G)

Chocolate brownie (G,Mk,E)

Sticky Jamaican ginger cake (G,Mk,E)

Chocolate ice cream (Mk)



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