

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Hoi Sin Quorn & Vegetable
Stir Fry
(CE, MU*, SO, G/W)

V S

Tomato & Olive Arrabiatta
(G/W)

V S

Roast Chicken with Gravy

Nut Free Pesto Pasta
(MK, G/W)

Captain's Crispy Fish
Fingers or Salmon
Fishcake & Chips
(F, G/W)

VEGGIE



Smokey BBQ Pulled
Jackfruit

V

Super Swirl Veggie Pasta
(G/W)

V S

Cheesy Veggie Hot Pot with
Gravy
(CE, MK, G/W)

S

Homemade Roasted
Squash & Root Vegetable
Lasagne
(E*, MK, G/W)

S

Cheesy Mexican Veggie
Burrito & Chips
(MK, G/W)

SIDES



Steamed Rice with
Sweetcorn & Green Beans

V S

Carrots & Broccoli

V S

Rustic Roast Potatoes &
Seasonal Vegetables

V S

Broccoli

V S

Baked Beans or Peas

V

PASTA & JACKET



Italian Tomato Twirl
Pasta
(CE, MK, G/W)

S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Tomato & Vegetable
Pasta
(CE, G/W)

V S

PUD



Banana Bonanza Sponge &
Creamy Custard
(E, MK, SO*, G/W)

Golden Pear Crumble with
Custard
(MK, G/B*, O, W)

S

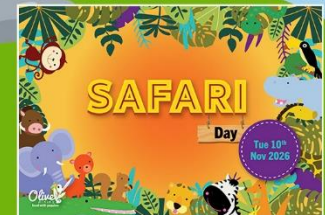
Vanilla Shortbread
(G/W)

V

Chocolate Mousse
(MK, SO*)

Vanilla Sponge with
Chocolate Sauce
(E, MK, SO*, G/W)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

31 AUG / 21 SEP
12 OCT / 09 NOV / 30 NOV

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG

WEEKLY MENU

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THEME DAYS

MAIN



Veggie Meatball Pasta with
Tomato & Basil Sauce
(SO, G/B*, O*, R*, W)

V S

Jerk Vegetable Curry
(CE, G/B*, O*, R*, W*)

Lightly Spiced Chicken

Veggie Supreme Pizza
(MK, G/W)

Captain's Crispy Fish
Fingers or Salmon
Fishcake & Chips
(F, G/W)

VEGGIE



Roasted Butternut Squash
Topped Mac & Cheese
(MK, G/W)

S

Mild Vegetable Tikka
Masala
(MK, G/B*, O*, R*, W*)

Lightly Spiced 'Plant
Based' Chickn

V

Cheesy Tomato Pizza
(MK, G/W)

Cheesy Mexican Veggie
Burrito & Chips
(MK, G/W)

SIDES



Peas & Sweetcorn

V S

Steamed Rice with Carrots
& Green Beans

V S

Paprika Diced Potatoes &
Sweetcorn

V S

Homemade Potato Wedges
& Baked Beans

V S

Baked Beans or Peas

V

PASTA & JACKET



Jacket Potato with a
Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

V S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

PUD



Apple Sponge & Custard
(E, MK, SO*, G/W)

S

Chocolate Shortbread
Biscuit
(G/W)

V

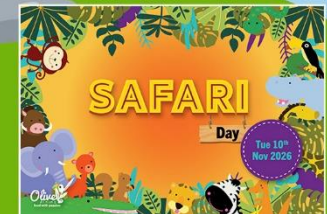
Sticky Toffee Apple
Crumble with Custard
(MK, G/W)

S

Jam Sponge with Custard
(E, MK, SO*, SU, G/W)

Cool School Ice Cream
(MK)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

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Tuscan Vegetable Pasta
(MK, G/W)

S

Veggie Bean Fajita
(G/B*, O*, R*, W)

V S

Roast Chicken with Gravy

Butternut Squash &
Spinach Tarkha Dahl
(CE, G/B*, O*, R*, W*)

V S

Captain's Crispy Fish
Fingers or Salmon
Fishcake & Chips
(F, G/W)

VEGGIE



Sticky Veggie Pasta
Surprise
(CE, G/W)

V S

Tex Mex Mild Veggie Chilli
(CE)

V S

Roast Jerk Quorn Fillet
(G/W)

V

Jerk Vegetable Curry
(CE, G/B*, O*, R*, W*)

Cheesy Mexican Veggie
Burrito & Chips
(MK, G/W)

SIDES



Broccoli

V S

Steamed Rice & Broccoli

V S

Rustic Roast Potatoes &
Seasonal Vegetables

V S

Rice & Peas
(CE)

V S

Baked Beans or Peas

V

PASTA & JACKET



Jacket Potato with a
Choice of Fillings
(E, F, MK)

Mac & Cheese
(MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

S

Jacket Potato with a
Choice of Fillings
(E, F, MK)

PUD



Winter Berry Cake
(E, MK, SO*, G/W)

S

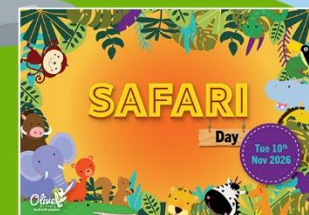
Syrup Sponge with Custard
(E, MK, SO*, G/W)

Oaty Crunch Cookie
(MK*, G/B*, O, W)

Mixed Berry Crumble with
Custard
(MK, G/W)

West Indian Fruit Cake
(E, MK, SO*, G/W)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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