

MENU WEEK A

Weeks commencing : 2 Nov, 23 Nov, 14 Dec 26

Fresh Start

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 **Main Meal 1** 

Sweet potato, coconut and red pepper curry and rice (vg)

Sausage plait with new potatoes and Gravy
GLUTEN, SULPHITES

Roast chicken, roast potatoes & Yorkshire pud
GLUTEN, EGG, MILK

Mild beef chilli and rice

Fish fingers and chips
GLUTEN, FISH

 **Main Meal 2** 

Cheese and tomato pizza with potato salad
GLUTEN, MILK

Veggie chilli and rice (vg)

Cowboy Pie with roast potatoes (vg)
GLUTEN, SOYA

Meatless meatballs & Rice (vg)
SOYA

Falafal burger and chips (vg)

 **Jacket Potato / Pasta** 

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Jacket potato with Baked beans, cheese
MILK

Pasta with an Italian tomato sauce (vg)
GLUTEN

Deli 

Choice of breads with cheese, tuna or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

 **Sides** 

Sweetcorn & Green beans

Broccoli & swede

Carrots & peas

Vegetable medley

Baked beans or peas

Desserts 

Fruit salad with berry drizzle (vg)

Strawberry Jelly (vg)

Fruit Platter
Yoghurt
MILK

Jelly and peaches

Banana Bread cookie
Gluten (vg)

Fresh fruit is served every day. Seasonal vegetables are available with all meals as well as access to the salad bar along with our fresh bread. Where possible, we buy locally sourced produce. All of our meat is high welfare and our eggs are responsibly sourced and free range. Our spreads and cooking fats are vegan.

MENU WEEK B

Weeks commencing : 9 Nov, 30 Nov 26

Fresh Start

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Meal 1

Singapore style veggie noodles (vg) SOYA

Salmon fishcake
FISH

Chicken with roast potatoes, Yorkshire pud
GLUTEN, EGG, MILK

Spaghetti Bolognese
GLUTEN

Battered fish and chips
GLUTEN, FISH

Main Meal 2

Cheese and tomato pizza with potato salad
GLUTEN, MILK

Macaroni Cheese
GLUTEN, MILK

Cowboy Pie with roast potatoes (vg)
GLUTEN, SOYA

Meatless meatballs & Rice (vg)
SOYA

Veggie sausage and chips
SOYA (vg)

Jacket Potato / Pasta

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Jacket potato with baked beans and cheese
MILK

Pasta with an Italian tomato sauce (vg)
GLUTEN

Deli

Choice of breads with cheese, tuna or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Sides

Green beans & carrots

Broccoli & sweetcorn

Carrots & Cabbage

Vegetable medley

Baked beans or peas

Desserts

Fruit salad with berry drizzle (vg)

Raspberry Jelly (vg)

Fruit Platter
Yoghurt
MILK

Orange jelly (vg) with orange wedges

Banana Bread cookie
Gluten (vg)

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MENU WEEK C

Week commencing : 16 Nov, 7 Dec 26

Fresh Start

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Meal 1

Vegetable Biryani (vg)

Cajun chicken rice

Toad in the Hole roast potatoes **SULPHITES**
GLUTEN, MILK, EGG

Beef tortilla bake
GLUTEN, MILK

Fish fingers and chips
FISH, GLUTEN

Main Meal 2

Cheese and tomato pizza with potato salad GLUTEN, MILK

Cheese, onion & sweetcorn puff
GLUTEN, MILK

Cowboy Pie with roast potatoes (vg) GLUTEN, SOYA

Meatless meatballs & Rice (vg)
SOYA

Bean burger and chips (vg)

Jacket Potato / Pasta

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Jacket Potato with baked beans and cheese (vg) MILK

Pasta with an Italian tomato sauce (vg)
GLUTEN

Deli

Choice of breads with cheese, tuna or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Sides

Peas & carrots

Swede and broccoli

Cabbage & sweetcorn

Vegetable medley

Baked beans or peas

Desserts

Fruit salad with berry drizzle (vg)

Strawberry Jelly (vg)

Fruit Platter
Yoghurt
MILK

Orange jelly and peaches (vg)

Banana Bread cookie
Gluten (vg)

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