

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

Sweet & Sour Chicken
(CE)

Roast Chicken with Gravy

BBQ Chicken & Sweetcorn
Pizza
(MK, G/W)

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

VEGGIE



Roasted Vegetable
Casserole

V S

Sweet & Sour Roasted
Vegetables

V S

Vegetable Biryani
(CE, SU, G/B*, O*, R*, W*)

V S

Cheesy Tomato Pizza
(MK, G/W)

Veggie Kebab with Pitta
(G/W)

V S

SIDES



Steamed Rice with
Sweetcorn & Green Beans

V S

Steamed Rice & Greens
Beans

V

Rustic Roast Potatoes &
Seasonal Vegetables

V S

Homemade Potato Wedges
& Baked Beans

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)

Chocolate Cake & Custard
(E, MK, SO*, G/W)

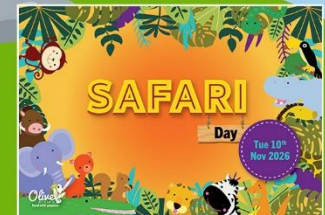
Vanilla Shortbread
(G/W)

V

Lemon & Cardamom Drizzle
Cake with Vanilla Sauce
(E, MK, SO*, SU, G/W)

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

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

S

Lightly Spiced Chicken

Homemade Beefy Lasagne
(E*, MK, G/B*, W)

Captain's Crispy Fish
Fingers & 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*)

S

Lightly Spiced 'Plant
Based' Chickn

V

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

S

Vegan Nuggets & Chips
(G/W)

V

SIDES



Peas & Sweetcorn

V S

Steamed Rice with Carrots
& Green Beans

V S

Paprika Diced Potatoes &
Sweetcorn

V S

Broccoli

V S

Homemade Potato
Wedges & Baked Beans

V S

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



Iced Vanilla Sponge
(E, MK, SO*, G/W)

Chocolate Shortbread
Biscuit
(G/W)

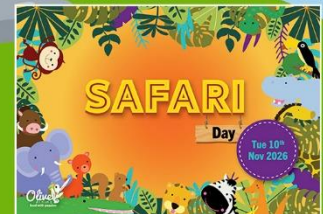
V

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

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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THEME DAYS

MAIN



Mac & Cheese
(MK, G/W)

Tuscan Sausage Pasta
(MK, SU, G/W)

Roast Chicken with Gravy

Jerk Chicken Curry
(CE)

Crispy Catch Fish & Chips
(F, G/B*, W)

S

VEGGIE



Nut Free Pesto Pasta
(MK, G/W)

Tuscan Vegetable Pasta
(MK, G/W)

Roast Jerk Quorn Fillet
(G/W)

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

Cheesy Pizza & Chips
(MK, G/W)

S

V

SIDES



Broccoli

Peas & Sweetcorn

Rustic Roast Potatoes &
Seasonal Vegetables

Rice & Peas
(CE)

Baked Beans or Peas

V S

V S

V S

V S

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)

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

S

PUD



Summer Fruit Cheesecake
(E*, MK, SO*, G/B*, O*, R*,
W)

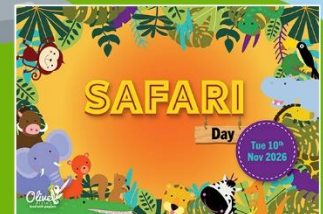
Syrup Sponge with Custard
(E, MK, SO*, G/W)

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

Fruit Yoghurt
(MK)

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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