






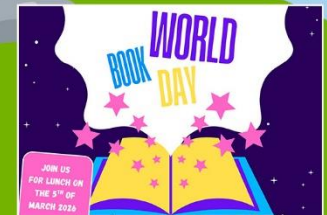
WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|--|
| MAIN  | Jerk Chicken Curry | Beef Burger (SE*, SO, SU, G/W) | Roast Chicken & Gravy | BBQ Chicken Pizza (MK, G/W) | Fish Fingers or Salmon Fishcake & Chips (F, G/B*, W) |
| VEGGIE  | Sweet Potato, Chickpea & Coconut Curry (CE, G/B, O, R, W) | Vegetable Burger (SE*, G/W) | Roasted Root Vegetable Pie & Gravy (CE, G/W) | Cheese & Tomato Pizza (MK, G/W) | Vegan Nuggets & Chips (G/W) |
| SIDES  | Rice & Peas with Green Beans (CE) | Homemade Potato Wedges & Green Salad | Rustic Roast Potatoes with Roasted Carrots & Parsnips | Homemade Potato Wedges & Green Salad | Baked Beans & Peas |
| PASTA & JACKET  | Vegan Roasted Vegetable Pasta (G/W) | Jacket Potato & Salad | Tomato & Basil Pasta (CE, G/W) | Jacket Potato & Salad | Mac & Cheese (MK, G/W) |
| PUD  | Banana Cake & Custard (E, MK, SO*, G/W) | Chocolate & Orange Brownie (E, MK, SO, G/B, W) | Apple Crumble & Custard (MK, G/W) | Carrot Cake (E, MK, SO*, G/B, O, W) | Ice Cream (MK) |

THEME DAYS



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES

05 JAN / 26 JAN
23 FEB / 16 MAR /

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

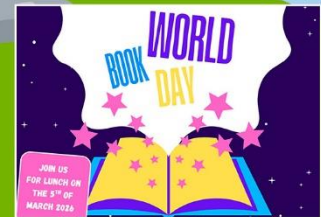
WEEK 1
WEEK 2
WEEK 3



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|---|---|---|--|--|
| MAIN | Beef & Lentil Lasagne (E*, MK, G/B*, W) S | Mexican Chicken | Butcher's Sausage with Mashed Potato & Gravy (MK, SO, SU, G/W) | Butter Chicken Curry (G/B*, O*, R*, W*) | Battered Fish or Salmon Fishcake & Chips (F, G/B*, W) |
| VEGGIE | Roasted Squash & Root Vegetable Lasagne (E*, MK, G/W) S | Mexican Quorn & Veggies (CE, E, MU, G/B, O*, R*, W*) | Veggie Sausage with Mashed Potato & Gravy (MK, G/W) | Chickpea & Vegetable Masala (CE, MK, MU*, G/B*, O*, R*, W) S | Margherita Pizza & Chips (MK, G/W) |
| SIDES | Garlic Bread & Green Salad (MK, SO*, G/W) | Steamed Rice & Green Beans V | Roasted Carrots & Parsnips V S | Steamed Rice & Green Beans V | Beans or Peas V |
| PASTA & JACKET | Vegan Roasted Vegetable Pasta (G/W) V | Jacket Potato & Salad | Tomato & Basil Pasta (CE, G/W) V | Jacket Potato & Salad | Mac & Cheese (MK, G/W) |
| PUD | Homemade Chocolate Cookie (E, MK, SO*, G/W) | Iced Vanilla Sponge (E, MK, SO*, G/W) | Chocolate & Orange Brownie (E, MK, SO, G/B, W) | Orange & Berry Cake (E, MK, SO*, G/W) | Cinnamon Swirl (G/W) V |

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

ALLERGENS




CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG



WEEKLY MENU

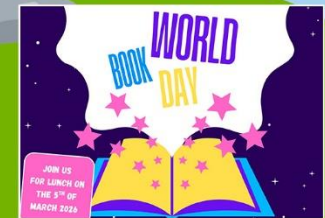
WEEK 1
WEEK 2
WEEK 3



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|---|
| MAIN  | BBQ Glazed Chicken Wrap (G/W) | Beef & Lentil Bolognese Pasta Bake (MK, G/B*, W*) | Butcher's Sausage with Mashed Potato & Gravy (MK, SO, SU, G/W) | Pepperoni Pizza (CE*, E*, MK, MU*, SO*, G/W) | Battered Fish or Salmon Fishcake & Chips (F, G/B*, W) |
| VEGGIE  | BBQ Glazed Quorn Wrap & Wedges (E, G/W) | Mac & Cheese (MK, G/W) | Veggie Sausage with Mashed Potato & Gravy (MK, G/W) | Cheese & Tomato Pizza (MK, G/W) | Veggie Sausage Roll & Chips (MK*, SO, G/B*, O*, W) |
| SIDES  | Carrots & Green Beans | Mixed Green Salad | Roasted Carrots & Parsnips | Homemade Potato Wedges & Green Salad | Beans or Peas |
| PASTA & JACKET  | Vegan Roasted Vegetable Pasta (G/W) | Jacket Potato & Salad | Tomato & Basil Pasta (CE, G/W) | Jacket Potato & Salad | Mac & Cheese (MK, G/W) |
| PUD  | Sprinkle Sponge Cake & Custard (E, MK, SO*, G/W) | Fruit Jelly | Lemon Drizzle Cake (E, MK, SO*, SU, G/W) | Orange Syrup Sponge & Vanilla Sauce (E, MK, SO*, G/W) | Vanilla & Raisin Shortbread Biscuit (G/W) |

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



DATES

19 JAN / 09 FEB
09 MAR /

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG

