

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## THEME DAYS

### MAIN



Smokey BBQ Chicken

Super Swirl Beefy Pasta  
(G/W)

Roast Chicken with Gravy

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

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

### VEGGIE



Veggie Kebab with Pitta  
(G/W)

Super Swirl Veggie Pasta  
(G/W)

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

Cheesy Tomato Pizza  
(MK, G/W)

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

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### SIDES



Steamed Rice with  
Sweetcorn & Green Beans

Carrots & Broccoli

Rustic Roast Potatoes &  
Seasonal Vegetables

Homemade Potato Wedges  
& Baked Beans

Baked Beans or Peas

V S

V S

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V S

V

### PASTA & JACKET



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

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)

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V S

### PUD



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

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

Vanilla Shortbread  
(G/W)

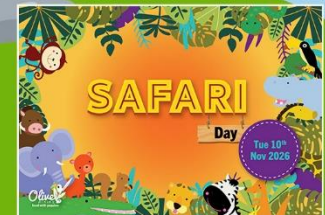
Chocolate Mousse  
(MK, SO\*)

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

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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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WEEK 3



## MONDAY

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## THEME DAYS

### MAIN



Beef Ragu Topped Mac & Cheese  
(MK, G/W)

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

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)

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

Lightly Spiced 'Plant  
Based' Chickn

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

Margherita Pizza  
(MK, G/W)

### SIDES



Peas & Sweetcorn

Steamed Rice with Carrots  
& Green Beans

Paprika Diced Potatoes &  
Sweetcorn

Broccoli

Homemade Potato  
Wedges & Baked Beans

### PASTA & JACKET



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)

Tomato & Vegetable Pasta  
(CE, G/W)

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

### PUD



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

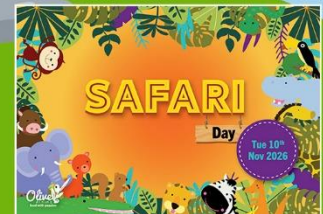
Chocolate Shortbread  
Biscuit  
(G/W)

Sticky Toffee Apple  
Crumble with Custard  
(MK, 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



Sticky Chicken Pasta Bake  
(CE, G/W)

Cowboy Beef Chilli  
(CE)

Roast Chicken with Gravy

Jerk Chicken Curry  
(CE)

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

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S

### VEGGIE



Sticky Veggie Pasta  
Surprise  
(CE, G/W)

Tex Mex Mild Veggie Chilli  
(CE)

Roast Jerk Quorn Fillet  
(G/W)

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

Cheesy Pizza & Chips  
(MK, G/W)

V S

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V

### SIDES



Broccoli

Steamed Rice & Broccoli

Rustic Roast Potatoes &  
Seasonal Vegetables

Rice & Peas  
(CE)

Baked Beans or Peas

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### 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)

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### PUD



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

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

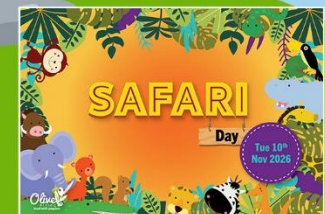
Oaty Crunch Cookie  
(MK\*, G/B\*, O, W)

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

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

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DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



## DATES

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

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