

Menu

Week 1



OCTOBER
SQUASH



DECEMBER
BRUSSEL
SPROUTS

Look for this logo on the menu to try a yummy seasonal special!



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken Tikka Masala
with Mango Chutney
(Mu)

Roast Chicken with
Stuffing & Herb
Gravy (G)

Quarter Pound Beef
Burger in a Bun
(G,Se)

Jamaican Jerk Chicken
with Jerk Gravy

Battered Fish Fillet
(G,F)
Crispy Chicken
Tenders
(G,Ce,Mk,Mu,Se)

Veggie

MEAT FREE MAINS

Vegetable Tikka Masala
with Mango Chutney
(Mu)

Creamy Butternut &
Vegetable Pie With
Crunchy Crust
(G,MK)

Crispy Falafel Burger
In a Bun (G,Se)

Jamaican Jerk Eat
Curious
with Jerk Gravy

Cheese & Onion Pasty
(G,MK)

veg

EXTRA GOOD

Pilau Rice
Spicy Roasted Cauliflower

Crunchy Roast
Potatoes

Crunchy Seasonal
Salad

Caribbean Coleslaw
(E,Mk,So)

Baked Beans
Peas

carbs

FUEL FOOD

Naan Bread
(G)

Savoy Cabbage &
Carrots

Oven Baked
Wedges

Coconut Rice &
Peas

Chips

Dessert

SOMETHING SWEET

Yoghurt

Yoghurt

Yoghurt

Yoghurt

Yoghurt

(MK,SO)
Fruit

(MK,SO)
Fruit

(MK,SO)
Fruit

(MK,SO)
Fruit

(MK,SO)
Fruit

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Dates

Week 1st Sep, 22nd Sep,
13th Oct, 3rd Nov, 24th Nov, 15th Dec

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide