

# Menu

## Week 1



OCTOBER  
SQUASH



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





# Menu

## Week 2



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



Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Penne Bolognaise  
Pasta Bake  
**(G,Mk) With**  
Garden Salad

Butchers Sausages  
with Caramelised  
Onion Gravy

Aziz,s Chicken Biriyani  
**(Mk,Mu)**

Mucho Mexican  
Chicken Burrito Bowl  
**(G,Mk,Mu)**

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

**Veggie**  
MEAT FREE MAINS

Mediterranean  
Vegetable Lasagne  
**(G,Mk)**  
with Garden Salad

Grilled Veggie  
Sausages with  
Caramelised Onion  
Gravy **(G,Ce)**

Chickpea &  
Vegetables Biriyani  
**(Mk,Mu)**

Mucho Mexican Eat  
Curious Vegetable  
Burrito Bowl  
**(G,Mk,Mu)**

Crispy Vegetable  
Samosa with Mango  
Chutney  
**(G,Mu)**

**veg**  
EXTRA GOOD

Baked Potato Wedges  
Steamed Seasonal  
Greens

Broccoli

Roasted Cauliflower

Spicy Pinto Beans **(G)**

Garden Peas

Baked Beans

**Carbs**  
FUEL FOOD

Garlic Bread  
**(G,Mk,So)**

Creamy Mashed  
Potatoes

Onion Salad

Zesty Lime Rice

Tortilla Chips

Chips

**Dessert**  
SOMETHING SWEET

Yoghurt  
**(MK,SO)**  
Fruit

Yoghurt  
**(MK,SO)**  
Fruit

Yoghurt  
**(MK,SO)**  
Fruit

Yoghurt  
**(MK,SO)**  
Fruit

Yoghurt  
**(MK,SO)**  
Fruit

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

**Dates**

Week 8th Sep, 29th Sep,  
20th Oct, 10th Nov, 1st Dec, 22nd  
Dec

**Allergens**

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

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Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
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# Menu

## Week 3



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

### Mains

HAPPY TUMS

### Veggie

MEAT FREE MAINS

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Dessert

SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Leek Pie with Puff Pastry (G,Mk)	Open Beef Burrito (G,Mk,Mu)	BBQ Chicken Leg (Su)	Classic Italian Beef Lasagne (G,Mk) Chef s salad	Battered Fish Fillet (G,F)
Baked Mac and Cheese with a Crunchy Topping (G,So,Mk)	Open Vegetable & Bean Burrito (G,Mk,Mu)	Chickpea , Potato & Spinach Curry	Veggie Bolognese (So,G) Chef s Salad	Battered Sausage (G,Su)
Steamed Broccoli	Peppers & Sweetcorn	Sweetcorn	Whole Green Beans	Garden Peas Baked Beans
New potatoes	Wholemeal Coriander Rice ,sour Cream (Mk)	Steamed Wholemeal Rice , Roast Potatoes	Spaghetti (G),Garlic Bread (G)	Chips
Yoghurt (MK,SO) Fruit	Yoghurt (MK,SO) Fruit	Yoghurt (MK,SO) Fruit	Yoghurt (MK,SO) Fruit	Yoghurt (MK,SO) Fruit

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

### Dates

Week 15th Sep, 6th Oct, 27th Oct, 17th Nov, 8th 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  
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