

# Menu

## Week 3

### Mains

HAPPY TUMS

### Veggie

MEAT FREE

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Dessert

SOMETHING SWEET

### Jacket Potatoes

TASTY FAVOURITES

Monday	Tuesday	Wednesday	Thursday	Friday
Mucho Mexican Chicken with Zesty Rice and Sour Cream (Mk,G)	Classic Shepherd's Pie (Ce,Mk,So)	Grilled Piri Piri Chicken (Ce) Served with Spicy Rice	Baked Lamb Lasagne (G,Mk) Served with Chef's Salad	Battered Fish Fillet (G,F) or Battered Sausage (G,Su)
Sweet & Sour Quorn Served with Soy & Ginger Noodles (G,E,So,Su)	Vegan Puy Lentil Shepherd's Pie (Ce)	Cauliflower and Potato Curry	Vegan Lentil Bolognese (Ce) Served with Spaghetti (G) or Chef's Salad	Veggie Hotdog (G)
Asian Salad	Steamed Carrots	Coleslaw (E)	Whole Green Beans	Garden Peas or Baked Beans Chunky Tartare Sauce (E), Ketchup or Lemon
Prawn Crackers (Cr,Su)		Steamed Wholemeal Rice	Garlic Bread (G)	Oven Baked Chips
Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)
Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)
Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)

Salad bar, cold desserts and fresh fruit available daily.



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

### Dates

19/01/26 - 09/02/26  
09/03/26

### Allergens:

Please note the allergens shown within these menus are subject to change.

- 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