



WEEK 1 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Mild Chilli con Carne with sour cream (Mk)

Turkey and Sweetcorn Pie with shortcrust pastry (G,MK)

Lamb Bolognese Bake with basil (G,Mk)

Chicken Tikka Masala (G)

Breaded Cod Fish Fingers Chunky Tartare sauce Ketchup and lemon wedges (G,Su,Mu,F,E)

VEGETARIAN

Feta and Spinach Filo Pie and chunky tomato sauce (Mk,E,G)

Spinach and Cheddar Wholemeal Quiche (Mk,E,G)

Ratatouille Vegetable and Penne Pasta Bake with basil (G,Mk)

Spinach, sweet potato and lentil Dahl (Mk,G)

Macaroni Cheese Bake (G,So,Se,Mk)

CARBS

Mexican Rice (G,Ce)

Creamy mashed potato (Mk)

Garlic bread (G,Mk,So)

Pilau rice (Mk)

Oven baked Chips

VEGGIES

Steamed Broccoli

Green beans

Lemon Carrots

Roasted Cauliflower

Garden Peas

Sweetcorn

roasted swede

Chef's salad

Courgettes

Baked Beans

PUDDING

Apple and mixed Berry Sponge cake (G,E,Mk)

Chocolate Chip Banana Bread (G,Mk,E)

St Stephens Pudding (G,Se,So,Mk,E)

Fruity Flapjack (G,Mk)

Marmalade Bread and Butter Pudding (G,So,Se,Mk,E)



ITALIAN DAY 24TH SEPTEMBER



INDIAN DAY 15TH OCTOBER



BONFIRE NIGHT 5TH NOVEMBER



NATIONAL COOKIE DAY 3RD DECEMBER

★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mi = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



WEEK 2 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Pork sausages, classic gravy
(G,Su)

Tandoori chicken pieces, mint yoghurt and mango chutney
(MkG,Ce)

Traditional Shepard's pie with a crunchy potato topping
(Su,Mk,G,Ce)

Baked Mexican chicken enchilada wraps
(Mu,Mk,G)

Breaded cod fish fingers, chunky tartare sauce ketchup and lemon wedges
(G,Su,Mu,F,E)

VEGETARIAN

Vegetarian sausages, veggie gravy
(Su,G)

Vegetarian mince keema pattie
(G,So,Mu,E)

Veggie cottage pie served with veggie gravy
(So,Mk,G,Ce)

Creamy mushroom and leek stroganoff
(Su,Mk,G)

Mozzarella and tomato pizza
(G,Mk,E)

CARBS

Creamy mash
(Mk)

Coriander rice

Mexican rice
(G,Ce)

Oven baked Chips

VEGGIES

Garden peas

Cauliflower

Roasted carrots

Sweetcorn

Garden peas

Baked Beans

Green beans

Steamed cabbage

Broccoli

Roasted tomatoes

PUDDING

Lemon drizzle cake
(Mk,E,G)

Marmalade pudding
(G,Mk,E)

Apple strudel cake
(G,Mk)

Rhubarb and custard cake
(Mk,E,G)

Sticky toffee pudding
(G,Su,Mk,E)



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WEEK 3 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Jamaican Jerk Spiced Chicken with rice and peas

Classic Beef Burger Served in a sesame seed bun, salad and relish (Su,Se,Mu,G,Ce)

Turkey a la king with peppers (Mk)

Classic beef Lasagne (G,Mk)

Breaded Cod Fish Fingers, Chunky Tartare sauce, Ketchup and lemon wedges (G,Su,Mu,F,E)

VEGETARIAN

Vegetarian Mince Chilli con carne, sour cream (Mu,MK,E,Ce)

Falafel Burger with mint Yoghurt in a sesame seed bun (G,Se,Mk)

Roasted vegetables a la king (Mk)

Mediterranean vegetable lasagne (G,Mk)

Egg and cheddar frittata with roasted pepper and peas (Mk,E)

CARBS

Rice and Peas

Oven baked spicy potato wedges (Mu)

Steamed rice

Garlic Bread (So,Mk,G)

Oven baked Chips

VEGGIES

Green Beans Sweetcorn

Chefs mixed salad Cheesy coleslaw (Su,Mu,Mk,E)

Leeks Roasted carrots

Broccoli Chefs mixed salad

Garden Peas Baked Beans

PUDDING

Sugar Free Banana Cake (G,Mk,E)

Nutless bakewell tart (Mk,E,G)

Orange and ginger biscuits (G,Mk,E)

Sticky Jamaican ginger cake (G,Mk,E)

Chocolate Brownie (Mk,E,G)



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WEEK 4 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Curried chicken pie with puff pastry crust **(G)**

Turkey stir fry with noodles **(G,E)**

Pork and Sausagemeat Wellington in puff pastry, served with onion gravy **(G,Su,So,Mk,E)**

Beef bolognise with penne pasta **(G)**

Breaded cod fish fingers, chunky tartare sauce ketchup and lemon wedges **(G,Su,Mu,F,E)**

VEGETARIAN

Creamy curried vegetable pie with puff pastry crust **(G)**

Quorn and vegetable stir fry with noodles **(G,So,E)**

Potato, cheese and onion puff pastry pie **(G,E,Mk)**

Vegetable bolognise with penne pasta **(G,E)**

Roasted vegetable and mozzarella pizza **(Mk,E,G)**

CARBS

Creamy mashed potato **(Mk)**

Creamy mashed potato **(Mk)**

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

Oven baked chips

VEGGIES

Aloo Gobi Spiced cauliflower

Roasted Chinese leaf and cabbage

Steamed cabbage

Green beans

Garden peas

Leeks

Carrots

Roasted carrots

Sweetcorn

Baked bean

PUDDING

Eves Pudding **(G,E,Mk)**

Sugar-free spiced carrot cake with orange cream cheese frosting **(Mk,E,G)**

Orange and ginger biscuits **(G,Mk,E)**

Chocolate sponge and chocolate sauce **(G,Mk,E)**

Raisin and oat Cookie **(Mk,E,G)**



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