



# WEEK 1 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Italian tomato or cheese sauce with penne (E,G)

Mexican beef chilli con carne (Se,Mu,G)

Roast Norfolk turkey, with Yorkshire pudding (Mk,E,G)

Breaded chicken with peri peri sauce (Mu,G,E)

MSC Cod baked fish fingers served with lemon and homemade tartare sauce (Mu,Mk,F,E,G)

## VEGETARIAN

Autumn vegetable fruity casserole (G)



Cheese and tomato quiche (Mk,E,G)

Cajun vegetable jambalaya (None)

Baked gnocchi in a tomato and pepper sauce (Mk,E,G)

Macaroni cheese with a crispy topping (Mk,G)

## VEGGIES

Penne pasta (G)  
...  
Buttered sweetcorn  
...  
Leeks

Spicy rice  
...  
Coleslaw (Mu,Mk,E)  
...  
Steamed green beans

Fluffy roasted potatoes  
...  
Steamed broccoli  
...  
Roasted root vegetables

Steamed rice  
...  
Sweetcorn  
...  
Carrots

Baked oven chips  
...  
Baked beans  
...  
Peas

## PUDDING

Fresh fruit platter

Lemon blondie (Mk,G,E)

Fresh fruit platter

Chocolate and vanilla marble cake (Mk,E,G)

Fresh fruit platter

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY  
24TH JANUARY



PANCAKE DAY  
25TH FEBRUARY



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

### ★ ALLERGENS ★

Cc = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
Cr = Crustacean G = Cereals containing Gluten N = Nuts So = Soyja  
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



# WEEK 2 | MENU



MON

TUES

WED

THU

FRI

Optional meat free day

## MAIN MEAL

Farm assured chicken  
Sausages  
(SU)

Mexican beef tacos  
(G,MK)

Roast beef with Yorkshire  
pudding  
and roast gravy  
(Mk,E,G)

Margherita pizza  
(MK,G,E)

Fish fingers  
With lemon and tartare  
sauce  
(,Mk,F,G)

## VEGETARIAN

Vegetarian sausage  
(so,G)



Mexican vegetable chilli  
(MK,G)

Chinese vegetable stir fry  
and noodles  
(E,G)

Spanish frittata  
with onion, spinach and  
cheddar  
(Mk,E)

Quorn shepherds pie with  
creamy mash potato  
topping  
(E,Mk,G,CE)

## VEGGIES

Creamy mashed potato  
...  
Baked beans  
...  
Saute leeks

Mexican style rice (Mk)  
...  
green beans  
...  
Baton carrots

Fluffy roasted potatoes  
...  
Broccoli florets  
...  
Buttered sweetcorn (Mk)

Potato wedges  
...  
Roasted courgette  
...  
Streamed  
green beans

Steamed rice  
...  
Garden peas  
...  
baked bean

## PUDDING

Fresh fruit platter

Spicy Jamaican cake  
(MK,G,E)

Fresh fruit platter

Warm sultana flapjack  
(G,MK)

Fresh fruit platter

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY  
24TH JANUARY



PANCAKE DAY  
25TH FEBRUARY



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



LOOK OUT FOR THIS ICON  
ON OUR MENUS FOR A  
BETTER CHOICE FOR YOU!

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# WEEK 3 | MENU



MON

TUES

WED

THU

FRI

Optional meat free day

## MAIN MEAL

Traditional spaghetti with tomato sauce (Mk,G)

Mild rogan josh chicken with mango chutney (NONE)

Roast Herefordshire turkey with apple sauce and Yorkshire pudding (G,MK,E)


Turkey Enchiladas in a rich tomato sauce (Mk,G,Ce)

Fish fingers with lemon and tartare sauce (Mk,F,G)

## VEGETARIAN

Vegetarian Quorn spaghetti bolognaise (Mk,G,E)

Tarka dahl with spinach and lentils (Mk)

Fusilli pasta with tomato and basil sauce (E,G) 

Mixed bean and vegetable burrito (Mk,E,G,Ce)

Veggie burger with relish and sauces (Su,So,Se,Mu,Mk,G)

## VEGGIES

Garlic bread (So,Mk,G)  
...  
Steamed carrots  
...  
Mixed tossed salad

Whole grain rice  
...  
fresh mixed vegetables  
...  
Roasted butternut squash

Fluffy roasted potatoes  
...  
Roasted parsnips and swede  
...  
Steamed broccoli

Savoury rice  
...  
Buttered sweetcorn (Mk)  
...  
Sauté leeks

Baked oven chips  
...  
Baked beans  
...  
Garden peas

## PUDDING

Fresh fruit platter

Fresh fruit platter

Fresh fruit platter

Chocolate brownie (MK,E,G)

Fresh fruit platter

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY  
24TH JANUARY



PANCAKE DAY  
25TH FEBRUARY



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



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