

Week 1 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS 	Cumberland Sausage with Gravy (G,Su)	Penne Beef Bolognaise (G)	Roast Chicken served with Gravy	Pepperoni Focaccia Pizza (G,E,Mk)	Fish Fingers (G,F,Su,E)
Veggie MEAT FREE 	Vegetarian Sausage with Gravy (G,Ce)	Veggie Mince Spaghetti Bolognaise (G,So)	Vegetarian Wellington served with Gravy (G,E)	Focaccia Pizza with Mozzarella and Basil (G,E,Mk)	Veggie Burger in a Soft Bun (G,Se,E)
Veg  EXTRA GOOD	Mixed Green Vegetables	Mixed Salad	Carrots Green Beans	Sweetcorn	Garden Peas Baked Beans
Carbs  EXTRA FILLING	Mashed Potato		Roast New Potatoes	Crispy Potato Wedges	Oven Baked Chips
Dessert SWEET TREAT 	Apple & Raisin Sponge with Custard (G,E,Mk,So)	Choc Chip Oat Cookie (G,E,Mk,So)	Fruity Flavoured Jelly	Apple and Sultana Flapjack (G)	Ice Cream with Strawberry Jam Sauce (Mk)

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



Dates

WK 2nd Sept
WK 23rd Sept
WK 14th Oct
WK 11th Nov
Wk 2nd 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

Week 2 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Sweet and Sour Chicken Stir Fry (G,So)	Savoury Beef Mince Casserole with Root Vegetables (Ce)	Roast Gammon with Gravy	Chicken and Macaroni Pasta Bake topped with Mozzarella (G,So,Mk)	Fish Fingers (G,F)
Veggie MEAT FREE	Sweet and Sour Veggie Stir Fry (G,So)	Veggie Mince Casserole with Root Vegetables (So,Ce)	Vegetarian Sausage Roll (G,So,E)	Courgette, Spinach and Cheddar Pasta Bake (G,Mk)	Vegetable Finger (G)
Veg EXTRA GOOD	Broccoli	Spring Greens	Roasted Carrots Green Beans	Chef's Salad	Garden Peas Baked Beans
Carbs EXTRA FILLING	Egg Noodles (G,E)	Brown Rice	Roasted Potatoes		Oven Baked Chips
Dessert SWEET TREAT	Raspberry Jam Sponge pudding with Custard (Mk,E,G,So)	Raisin and Banana Cookie (G,E)	Fruity Flavoured Jelly	Italian Pineapple Sponge Cake (G,E,Mk)	Lemon and Blueberry Cake (G,E,Mk,So)

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

Dates

Wk 9th Sept
Wk 30th Sept
Wk 21st Oct
Wk 18th Nov
Wk 9th Dec

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BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
December

Menu

Week 3

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Chicken baked in a homemade BBQ Sauce (Ce,G,Su,So)	Beef Lasagne (G,Mk,E)	Roast Turkey Breast with Gravy and Cranberry Sauce	Mild Chicken Curry with Peppers and Spinach	Fish Fingers (G,F)
Veggie MEAT FREE	BBQ Quorn and Vegetable Wrap (G,E,Mk,Mu)	Veggie Mince Lasagne (So,G,Mk,E)	Butternut Squash, Leek and Onion Wellington (G,E,Mk)	Mild Vegetable Curry	Vegetable Finger (G)
Veg EXTRA GOOD	Spring Greens Roasted Pumpkin	Chef's Salad Green Beans	Green Beans Roast Parsnips	Sauteed Courgette Steamed Carrots	Garden Peas Baked Beans
Carbs EXTRA FILLING	Oven Baked Potato Wedges		Roasted New Potatoes	Brown Rice	Oven Baked Chips
Dessert SWEET TREAT	Strawberry Fool (Mk)	Oaty Apple Crumble with Custard (G,Mk,So,E)	Fruity Flavoured Jelly	Banana and Date Flapjack (G)	Chocolate Brownie (G,E)

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

Dates

Wk 16th Sept
Wk 7th Oct
Wk 4th Nov
Wk 25th Nov
Wk 16th Dec

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BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
December