

Menu

Week 1



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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Bolognese Pasta Bake
(G,Mk)

Beef Pepperoni Pizza
(G,Mk,E)

Chicken Sausage with
Yorkshire Pudding
and Gravy
(G,E,Mk,Su)

Chicken Tagine
(G)

Fish Fingers with
Tartar Sauce
(G,F,E)

Veggie

MEAT FREE MAINS

Oven Baked
Macaroni Cheese
(G,Mk)

Margherita Pizza
(G,Mk,E)

Vegetable Sausage
with Yorkshire
Pudding and Gravy
(G,E,Mk)

Sweet Potato and
Butternut Tagine
(G,Mu,So) 

Veg Finger with
Tartar Sauce
(G,E)

veg

EXTRA GOOD

Broccoli
Green Beans

Garden Salad

Carrots
Steamed Green
Beans

Roasted Cauliflower
Red Onion and
Courgettes Sauté

Baked Beans
Peas

Carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Crispy Potato
Wedges

Mashed Potato
(Mk)

Biryani Rice
(G)

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit and
Yoghurt
(Mk,So)

Fresh Fruit and
Yoghurt
(Mk,So)

Fresh Fruit or Cheese
and Crackers
(Mk,G)

Fresh Fruit and
Yoghurt
(Mk,So)

Carrot Cake Cookie
(G,E,Mk)

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

Dates

WC 20th 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
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

Chicken Sweetcorn
Pasta Bake
(G,Mk)

Beef Burger in a soft
Bun
(G,Mk,se)

Roast Chicken With
Gravy

Lamb and pea keema

Salmon Fish Cakes or
Fish Fingers with
Lemon Wedges
(G,F)

Veggie

MEAT FREE MAINS

Roasted Vegetable
and Tomato Pasta
(G,Mk)

Vegetable Enchilada
with a Tomato Sauce
and Cheese
(G,Mk,Mu)

Roasted Vegetable
Crumble
(G,Mk)

Eat Curious
Vegetarian Curry

Leek Cheddar and
Sweetcorn Quiche
(G,E,Mk,Ce)

veg

EXTRA GOOD

Steamed Broccoli
Chefs Salad

Sancho Pollo
Coleslaw
(E)
Sweetcorn

Kale
Roasted Carrots

Green Beans
Cauliflower

Garden Peas
Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Mixed Potato
Wedges

Roasted Potatoes

Mixed Rice

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit and
Yoghurt
(Mk,So)

Fresh Fruit and
Yoghurt
(Mk,So)

Fesh Fruit or Cheese
and Crackers
(G,Mk)

Fresh Fruit and
Yoghurt
(Mk,So)

Apple and Raisin Tray
Bake (G,E) 

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

Dates

WC 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 3



SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
**BRUSSEL
SPROUTS**

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Oven baked Chicken
tossed in Macaroni
and Pesto
(G,Mk,E)

Tomato and Basil
Meatballs topped
with Crispy Onions
(G)

Roast Chicken
Sausage with Gravy
(G,Su)

Chicken and
Vegetable Hot Pot
with Sauté Potato
Topping

Oven Baked Fish
Finger
(G,F)

Veggie
MEAT FREE MAINS

Macaroni Pasta
Tossed in a Basil
Pesto Baked with
Cheese
(G,Mk)

Tomato and Basil
Falafel Balls Topped
with Crispy Onions
(G)

Roasted Vegetable
Sausage with Gravy
(G,Ce)

Seasonal Vegetable
and Butternut
Squash Hot Pot with
Sauté Potato
Topping 

Vegetable Fingers
(G)

veg
EXTRA GOOD

Mixed Tossed Salad

Sweetcorn

Steamed Cauliflower

Green Beans

Steamed Carrots

Cabbage with Leeks

Medley of Steamed
Green Vegetables

Garden Peas

Baked Beans

carbs
FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Potato Wedges

Mash Potato
(Mk)

Oven Baked Chips

Dessert
SOMETHING SWEET

Fresh Fruit and
Yoghurt
(Mk,So)

Fresh Fruit and
Yoghurt
(Mk,So)

Fresh Fruit or Cheese
and Crackers
(G,Mk)

Fresh Fruit and
Yoghurt
(Mk,So)

Pear Sponge
Pudding
(G,E,Mk) 

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

Dates

WC 10th Nov, 1st 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

