

YOUR MENU THIS WEEK

WEEK ONE

WEEK COMMENCING

20/02/2023 - 13/03/2023 - 17/04/2023 -
08/05/2023 - 05/06/2023 - 26/06/2023 -
17/07/2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Quorn in bbq sauce (egg, may contain gluten) (v)	Jacket potato day with sausage & bean casserole (gluten, soya, sulphites) (v)	Herby roast chicken & gravy	Spaghetti bolognese (penne for dining centres) (gluten)	Fish fingers (fish, gluten)
PLANT POWER	Mexican veggie tostada (gluten, milk) (v)	Jacket potato day with rich cauliflower cheese (gluten, milk) (v)	Broccoli & red pepper pie (egg, gluten) (v)	Tomato, lentil & herb 50/50 pasta (gluten) (vg)	Bbq spiced vegetable 50/50 rice bake (may contain gluten) (vg)
SIDES	50/50 Rice, Broccoli	Sweetcorn	Skin on roasties, Cabbage & Carrots.	Peas.	Chips, Baked Beans.
PUDDINGS	Ginger biscuit (gluten) (v)	Fruity cornflake cake (gluten, sulphites) (vg)	Chocolate cake (egg, gluten) (v) with chocolate custard (milk) (v)	Fruit & forest berry crumble (gluten) (vg) & custard (milk) (v)	Yoghurt (milk) (v)

Available daily

Jacket potatoes with beans, cheese (milk), Fresh Fruit, Daily Salad, Handmade bread (gluten, milk, soya, may contain egg)

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE



YOUR MENU THIS WEEK

WEEK TWO

WEEK COMMENCING

27/02/2023 – 20/03/2023 – 24/04/2023 –
15/05/2023 – 12/06/2023 – 03/07/2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Classic mac & cheese (gluten, milk) (v)	Chicken stir-fry (gluten, soya)	Roast gammon & gravy	Beef burger in a bun (celery, gluten soya, sulphites, may contain sesame) with ketchup	Battered fish fillet (fish, gluten)
PLANT POWER	Sweet and spicy bean tagine with herby 50/50 rice (soya, may contain gluten) (vg)	Soft quorn taco (v) (egg, gluten, soya)	Red lentil, carrot & pea falafel loaf with gravy (v) (egg, gluten, soya)	Cheesy bean burger (gluten, milk, may contain sesame) (v) with ketchup	Roasted vegetable & cheddar tortilla toastie (gluten, milk) (v)
SIDES	Sweetcorn	50/50 rice Broccoli	Skin on roasties, Cauliflower & Carrots.	Wedges, Colestlaw.	Chips, Baked Beans.
PUDDINGS	Berry cookie (gluten) (vg)	Sticky upside down fruit sponge (egg, gluten) (v) & custard (milk) (v)	Chocolate mousse (milk) (v)	Fresh fruit salad (vg) OR Yoghurt (milk) (v)	Caramel apple flapjack (vg) (gluten)

Available daily

Jacket potatoes with beans, cheese (milk), Fresh Fruit, Daily Salad, Handmade Bread (gluten, milk, soya, may contain egg)

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YOUR MENU THIS WEEK

WEEK THREE

WEEK COMMENCING

06/03/2023 – 27/03/2023 – 01/05/2023 –
22/05/2023 – 19/06/2023 – 10/07/2023

Love the food
that loves you back

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Double cheese pizza (gluten, milk, soya, may contain eggs) (v)	Beefy pasta bake (gluten, milk)	Chicken tikka masala (may contain gluten)	Sausage plait with gravy (egg, gluten, sulphites)	Fish Fingers (fish, gluten) Or Salmon Fishcakes (fish, gluten)
PLANT POWER	Vegan sausage with bbq beans (gluten) (vg)	Crispy crumb topped spring vegetable 50/50 pasta bake milk (gluten, milk, soya, may contain egg) (v)	Cauliflower and lentil curry (may contain gluten) (vg)	Sweet potato and butterbean cake with fresh tomato sauce (may contain gluten) (vg)	Roasted pepper calzone wholemeal pizza (gluten, milk, soya, may contain egg) (v)
SIDES	Baked New Potatoes, Baked Beans, Coleslaw	Sweetcorn	50/50 Rice, Broccoli	Zero waste roasties, Peas	Chips, Baked Beans
PUDDINGS	Shortbread biscuit (gluten) (v)	Chocolate & pear drizzle pudding (egg, gluten) (v)	Steamed zesty lemon cake (egg, gluten) (v) & custard (milk)	Yoghurt (milk) (v)	School cake (egg, gluten) (v)

Available daily

Jacket potatoes with beans, cheese (milk), Fresh Fruit, Daily Salad, Handmade Bread (gluten, milk, soya, may contain egg)

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