

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Pepperoni "Pizza" Frittata
(CE*, E, MK, MU*, SO*,
G/W*)

Beef Burger
(SE*, SO, SU, G/W)

Lemon & Herb Roast
Chicken with Mild Piri Piri
Mayo
(E)

Philly Cheese Steak Mac &
Cheese
(MK, G/W)

Captain's Crispy Fish
Fingers & Chips
(F, G/W)

VEGGIE



Grilled Courgette &
Broccoli Quiche
(E, MK, G/W)

Veggie Burger
(SE*, G/W)

Sticky BBQ Quorn &
Vegetable Baguettes
(MU*, SE*, SO*, G/W)

Mac & Cheese
(MK, G/W)

Vegan Nuggets & Chips
(G/W)

S

V

V

V

SIDES



Crispy Garlic Potatoes

Homemade Potato Wedges
& Texan BBQ Baked Beans

Spiced Rice & Grilled Corn

Garlic Bread & Green Salad
(MK*, SO*, G/W)

Baked Beans or Peas

V S

V S

V S

V

PASTA & JACKET



Mac & Cheese
(MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

Jacket Potato with a
Choice of Fillings
(E, F, MK)

Tomato & Vegetable
Pasta
(CE, G/W)

S

V S

PUD



Banana & Berry Loaf Cake
(E, MK, SO*, G/W)

Sticky Toffee Apple
Crumble with Custard
(MK, G/W)

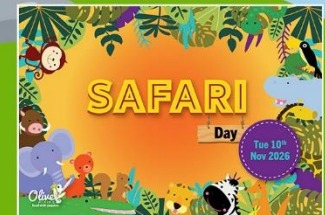
Selection of Mousse Pots
(MK, SO*)

Rice Pudding with Fruit
Coulis
(MK)

Ice Cream & Peaches
(MK)

S

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

31 AUG / 21 SEP
12 OCT / 09 NOV / 30 NOV

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Pepperoni Pizza
(CE*, E*, MK, MU*, SO*, G/W)

Yakatori Chicken Noodles
(E, SO, G/W)

Butcher's Sausage with Mashed Potato & Gravy
(MK, SU, G/W)

Beef Bolognese with Pasta
(G/B*, W)

Captain's Crispy Fish Fingers & Chips
(F, G/W)

S

VEGGIE



Margherita Pizza
(MK, G/W)

Sweet Chilli Roasted Vegetable Noodles
(E, SO, G/W)

Veggie Sausage with Mashed Potato & Gravy
(MK, G/W)

Vegetable & Lentil Bolognese with Pasta
(G/B*, W)

Vegan Nuggets & Chips
(G/W)

V S

V

SIDES



Homemade Potato Wedges & Sweetcorn

Stir Fried Greens

Seasonal Greens

Chef's Salad

Baked Beans or Peas

V S

V

V S

V

PASTA & JACKET



Mac & Cheese
(MK, G/W)

Jacket Potato with a Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

Jacket Potato with a Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

S

V S

PUD



Chocolate & Orange Beetroot Brownie
(E, MK, SO, G/B*, W)

Oat & Berry Cake with Fruit Coulis
(E, MK, SO*, G/B*, O, W)

Mango Cheesecake
(E*, MK, SO*, G/B*, O*, R*, W)

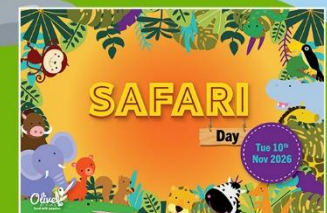
Lemon Drizzle Cake with Lemon Sauce
(E, MK, SO*, SU, G/W)

Fruit Jelly

S

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



BBQ Chicken Fajitas
(G/B*, O*, R*, W)

Homemade Beefy Lasagne
(E*, MK, G/B*, W)

Roast Chicken with Gravy

Mild Goan Chicken Curry
with Steamed Rice
(CE, G/B*, O*, R*, W*)

Captain's Crispy Fish
Fingers & Chips
(F, G/W)

VEGGIE



Baked Cajun Chickpea & Pepper Fajitas
(G/B*, O*, R*, W)

Cheesy Roasted Squash & Root Vegetable Lasagne
(E*, MK, G/W)

Lemon & Herb Quorn Fillet
(G/W)

Vegetable & Lentil Bolognese with Pasta
(G/B*, W)

Vegan Nuggets & Chips
(G/W)

V S

S

V

V S

V

SIDES



Vegetable & Bean Rice
(CE)

Green Salad & Coleslaw
(E)

Rustic Roast Potatoes & Medley of Seasonal Vegetables

Seasonal Greens

Baked Beans or Peas

V S

V S

V S

V

PASTA & JACKET



Mac & Cheese
(MK, G/W)

Jacket Potato with a Choice of Fillings
(E, F, MK)

Italian Tomato Twirl Pasta
(CE, MK, G/W)

Jacket Potato with a Choice of Fillings
(E, F, MK)

Tomato & Vegetable Pasta
(CE, G/W)

S

V S

PUD



Lemon & Polenta Cake with Greek Yoghurt
(E, MK, SO*, G/B*, W)

Summer Fruit Crumble & Custard
(MK, G/W)

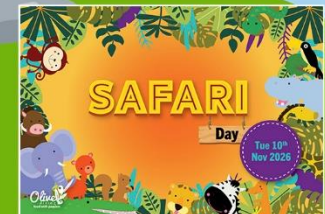
Lemon & Courgette Cake with Vanilla Sauce
(E, MK, SO*, SU, G/W)

Yoghurt Granola Pot with Fresh Fruit
(MK, G/B*, O, W*)

Orange & Chocolate Marble Cake
(E, MK, SO*, G/W)

S

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG