

WEEKLY MENU

WEEK 1
WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



**Beef Cottage Pie
(CE)**

**Sticky Chicken
Pasta Bake
(CE, G/W)**

Roast Chicken with Gravy

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

**Captain's Crispy Fish
Fingers or Salmon
Fishcake & Chips
(F, G/W)**

S

VEGGIE



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

**Sticky Veggie Pasta
Surprise
(CE, G/W)**

**Cheesy Veggie Hot Pot
with Gravy
(MK, G/W)**

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

**Cheesy Pizza & Chips
(MK, G/W)**

V S

SIDES



**Sweetcorn &
Green Beans**

Broccoli

**Rustic Roast Potatoes
& Seasonal Vegetables**

Peas & Sweetcorn

Beans or Peas

V S

V S

V S

V

V

PUD



**Fruit Yoghurt
(MK)**

**Cheese & Crackers
(MK, G/B*, W)**

Fruit Jelly

**Cheese & Crackers
(MK, G/B*, W)**

Fruit Jelly

V

V

Daily Salad Bar| Homemade Bread| Fresh Fruit

DATES

**31 AUG / 14 SEP / 28 SEP
/ 12 OCT / 2 NOV / 16
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**



WEEKLY MENU

WEEK 1
WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Mac & Cheese
(MK, G/W)

Mild Chicken Tikka
Masala
(MK, G/B*, O*, R*, W*)

Mild Beef & Vegetable
Casserole
(CE)

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

Chicken Nuggets &
Chips
(CE, G/W)

S

VEGGIE



Tomato & Vegetable
Pasta
(CE, G/W)

Mild Vegetable Tikka
Masala
(MK, G/B*, O*, R*, W*)

Roasted Vegetable
Casserole

Cheesy Tomato Pizza
(MK, G/W)

Vegan Nuggets &
Chips
(G/W)

V S

S

SIDES



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

Steamed Rice with
Carrots & Green Beans

New Potatoes & Peas

Homemade Potato
Wedges & Baked
Beans

Baked Beans or
Peas

V S

V S

V S

V S

PUD



Apple Sponge &
Custard
(E, MK, SO*, G/W)

Cheese & Crackers
(MK, G/B*, W)

Fruit Jelly

Cheese & Crackers
(MK, G/B*, W)

Selection of Mousse
Pots
(MK, SO*)

S

V

Daily Salad Bar| Homemade Bread| Fresh Fruit

DATES

7 SEP / 21 SEP / 5 OCT
/ 19 OCT / 9 NOV / 23
NOV

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