

MENU WEEK A

Weeks commencing : 2 Nov, 23 Nov, 14 Dec 26

Fresh Start

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Meal 1

Sweet potato, coconut and red pepper curry and rice (vg)

Sausage plait with new potatoes and Gravy
GLUTEN, SULPHITES

Roast chicken, roast potatoes & Yorkshire pud
GLUTEN, EGG, MILK

Mild beef chilli and rice

Fish fingers and chips
GLUTEN, FISH

Main Meal 2

Cheese and tomato pizza with potato salad
GLUTEN, MILK

Veggie chilli and rice (vg)

Cowboy Pie with roast potatoes (vg)
GLUTEN, SOYA

Meatless meatballs & Rice (vg)
SOYA

Falafal burger and chips (vg)

Jacket Potato / Pasta

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Pasta with an Italian tomato sauce (vg)
GLUTEN

Jacket potato with Baked beans, cheese
MILK

Pasta with an Italian tomato sauce (vg)
GLUTEN

Deli

Choice of breads with cheese, tuna or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Choice of breads with cheese, tuna, ham or egg mayo
FISH, MILK, GLUTEN, EGG

Sides

Sweetcorn & Green beans

Broccoli & swede

Carrots & peas

Vegetable medley

Baked beans or peas

Desserts

Fruit salad with berry drizzle (vg)

Strawberry Jelly (vg)

Fruit Platter
Yoghurt
MILK

Jelly and peaches

Banana Bread cookie
Gluten (vg)

Fresh fruit is served every day. Seasonal vegetables are available with all meals as well as access to the salad bar along with our fresh bread. Where possible, we buy locally sourced produce. All of our meat is high welfare and our eggs are responsibly sourced and free range. Our spreads and cooking fats are vegan.

MENU WEEK B

Weeks commencing : 9 Nov, 30 Nov 26

Fresh Start

MONDAY

Singapore style veggie
noodles (vg) SOYA

Main
Meal 1

TUESDAY

Salmon fishcake
FISH

Main
Meal 2

WEDNESDAY

Chicken with roast
potatoes, Yorkshire pud
GLUTEN, EGG, MILK

THURSDAY

Spaghetti Bolognese
GLUTEN

FRIDAY

Battered fish and chips
GLUTEN, FISH

Cheese and tomato pizza
with new potatoes
GLUTEN, MILK

Jacket Potato
/ Pasta

Macaroni Cheese
GLUTEN, MILK

Veggie Cobbler with roast
potatoes (vg)
GLUTEN

Meat free bolognese (vg)
GLUTEN SOYA

Veggie sausage and chips
SOYA (vg)

Pasta with an Italian
tomato sauce(vg)
GLUTEN

Jacket Potato
/ Pasta

Pasta with an Italian
tomato sauce(vg)
GLUTEN

Pasta with an Italian
tomato sauce(vg)
GLUTEN

Jacket potato with baked
beans and cheese
MILK

Pasta with an Italian
tomato sauce(vg)
GLUTEN

Choice of breads with
cheese, tuna or egg
GLUTEN, EGG, FISH, MILK

Deli

Choice of breads with
cheese, tuna or egg
GLUTEN, EGG, FISH, MILK

Choice of breads with
cheese, tuna or egg
GLUTEN, EGG, FISH, MILK

Choice of breads with
cheese, tuna or egg
GLUTEN, EGG, FISH, MILK

Choice of breads with
cheese, tuna or egg
GLUTEN, EGG, FISH, MILK

Green beans & carrots

Sides

Broccoli & sweetcorn

Carrots & Cabbage

Vegetable medley

Baked beans or peas

Fruit salad with berry drizzle
(vg)

Desserts

Raspberry Jelly (vg)

Fruit Platter
Yoghurt MILK

Orange jelly (vg) with
orange wedges

chocolate and courgette
cookies GLUTEN(vg)

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MENU WEEK C

Week commencing : 16 Nov, 7 Dec 26

Fresh Start

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vegetable Biryani (vg)

Cajun chicken rice

Toad in the Hole roast potatoes *SULPHITES* GLUTEN, MILK, EGG

Beef tortilla bake GLUTEN, MILK

Fish fingers and chips FISH, GLUTEN

Cheese and tomato pizza with potato salad GLUTEN, MILK

Cheese, onion & sweetcorn puff GLUTEN, MILK

Veggie toad in the hole with roast potatoes (vg) EGG, MILK, GLUTEN, SOYA

Bean burger and chips (vg)

Pasta with an Italian tomato sauce (vg) GLUTEN

Pasta with an Italian tomato sauce (vg) GLUTEN

Pasta with an Italian tomato sauce (vg) GLUTEN

Jacket Potato with baked beans and cheese (vg) MILK

Pasta with an Italian tomato sauce (vg) GLUTEN

Choice of breads with cheese, tuna or egg GLUTEN, FISH, EGG, MILK

Choice of breads with cheese, tuna, ham or egg GLUTEN, FISH, EGG, MILK

Choice of breads with cheese, tuna, ham or egg GLUTEN, FISH, EGG, MILK

Choice of breads with cheese, tuna, ham or egg GLUTEN, FISH, EGG, MILK

Choice of breads with cheese, tuna, ham or egg GLUTEN, FISH, EGG, MILK

Peas & carrots

Swede and broccoli

Cabbage & sweetcorn

Vegetable medley

Baked beans or peas

Fruit salad with berry drizzle (vg)

Strawberry Jelly (vg)

Fruit platter Yoghurt MILK

Orange jelly and peaches (vg)

Chocolate and beetroot brownie (vg) GLUTEN

Main Meal 1

Main Meal 2

Jacket Potato / Pasta

Deli

Sides

Desserts



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