

# MENU

## WEEK 1

**SOUP**  
HOT HOT HOT!

**MAIN**  
LIVE YOUR BEST LUNCH!

**EDGY VEG**  
MEAT FREE FEASTS!

**GLOBAL EATS**  
A WORLD OF FLAVOUR!

**PERFECT PUDS**  
SWEET TREAT!

**LOOK  
OUT**

Main meal and sweet treat  
£2.30

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**SPICE IT UP!**

TRY SOMETHING NEW WITH  
OUR FLAVOUR OF THE MONTH

Cream of  
leek and potato  
(Mk)

Chunky  
Italian minestrone  
(E,G,Ce)

Indian spiced lentil  
(G)

French onion  
(G)

Carrot and coriander  
(None)

Italian beef bolognese  
with penne, parmesan  
cheese and Caesar  
salad  
(Su,So,Mu,Mk,E,G,Ce)

BBQ pulled pork in a  
bun with crispy  
potato wedges and  
coleslaw  
(Se,Mu,Mk,E,G)

Roast Norfolk turkey  
breast homemade  
apple and  
herb stuffing, gravy,  
served with roast  
potatoes and steamed  
broccoli  
(Mk,E,G)

Sancho Pollo chicken  
pieces served with  
spicy rice and BBQ  
beans, add your own  
Peri Peri sauce  
(Su,So,G,Ce)

Battered pollock fillet  
with tartare sauce and  
lemon, served with  
oven baked chips and  
peas  
(Mu,Mk,F,E,G)

Moroccan vegetable  
and chick pea tagine  
served with cous cous  
(G)

Macaroni and cheese  
with a crunchy  
topping, served with  
a  
chef's salad  
(So,Mk,E,G)

Chinese sweet and  
sour noodles with  
stir fried vegetables  
(So,E,G)

Tomato and  
basil risotto  
(Mk,E)

Mixed roasted sweet  
pepper, wholemeal  
quiche, baked oven  
chips and baked  
beans  
(Mk,E,G)

Jumbo hot dog  
with fried onions,  
sauces and tortilla  
chips  
(Su,So,Mu,Mk,E,G)

Japanese teriyaki  
glazed chicken  
drumsticks with  
pineapple rice and  
pickled cucumber  
(So,Se,G)

Greek beef layered  
pasta pastitsio with  
garlic bread  
(So,Mk,E,G)

Chinese five spiced  
pork egg fried rice and  
peas  
(So,Se,Mk,G)

Hot roasted gammon  
bap with fried onions  
and tomato relish  
(Se,Mu,G)

Steamed jam sponge  
with custard  
(Mk,E,G)

Autumn fruit cobbler  
(Mk,G)

Sticky toffee pudding  
with toffee sauce  
(Su,Mk,E,G)

Chocolate and vanilla  
marble cake  
(Mk,E,G)

Chocolate sponge  
with chocolate custard  
(Mk,E,G)

**BETTER CHOICE**

LOOK OUT FOR THIS ICON FOR  
A BETTER CHOICE FOR YOU!



**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

JANUARY  
NUTMEG  
CHINESE DAY  
FRIDAY 24TH

FEBRUARY  
GINGER  
PANCAKE DAY  
TUESDAY 25TH

MARCH  
CARAWAY  
BRITISH PIE WEEK  
THURSDAY 5TH

APRIL  
STAR ANISE  
ST GEORGES DAY  
THURSDAY 23RD

# MENU WEEK 2

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TUES

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