

# MENU WEEK 1

MON

TUES

WED

THUR

FRI



TRY SOMETHING NEW WITH OUR FLAVOUR OF THE MONTH

## SOUP

HOT HOT HOT!

Cream of leek and potato (Mk)

Chunky Italian minestrone (E,G,Ce)

Indian spiced lentil (G)

French onion (G)

Carrot and coriander (None)

## MAIN

LIVE YOUR BEST LUNCH!

Italian beef bolognaise 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)

## EDGY VEG

MEAT FREE FEASTS!

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)

## GLOBAL EATS

A WORLD OF FLAVOUR!

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)

## PERFECT PUDS

SWEET TREAT!

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)



LOOK OUT

Main meal and sweet treat £2.30

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

# MENU WEEK 2

MON

TUES

WED

THUR

FRI

# SPICE IT UP!

TRY SOMETHING NEW WITH OUR FLAVOUR OF THE MONTH

## SOUP

HOT HOT HOT!

## MAIN

LIVE YOUR BEST LUNCH!

## EDGY VEG

MEAT FREE FEASTS!

## GLOBAL EATS

A WORLD OF FLAVOUR!

## PERFECT PUDS

SWEET TREAT!

Broccoli and stilton  
(Mk)

Chicken noodle  
(E,G)

Pea and mint  
(Mk)

Autumn vegetable  
(Mk,Ce)

Cream of tomato  
(Mk)

Chicken Rogan Josh, mango chutney and pilau rice  
(Mk)

Farm assured pork sausages with mashed potatoes and baked beans  
(Su,Mk,E,G)

Roast chicken with gravy, sage and onion stuffing, roast potatoes and broccoli  
(G)

Chinese sweet chilli turkey noodle stir fry with vegetables and prawn crackers  
(E,Cr,G)

MSC cod baked fish finger bloomer sandwich, salad, homemade tartare sauce, served with baked oven chips  
(Mu,Mk,F,E,G)

Tarka dahl with spinach and lentils, mango chutney and pilau rice  
(Mk)

Vegetarian sausage and vegetable gravy  
(So,G)

Fresh Italian dough pizza topped with mozzarella and tomato, served with a chef's salad

Spanish frittata with onion, spinach and cheddar, new potatoes and green beans

Spicy red pepper and courgette quesadilla with sour cream, baked oven chips

Mexican slow cooked beef (birria) mashed potato and broccoli  
(Mk)

Cuban style spicy chicken with rice and peas  
(Su,So,Mk,G)

Mexican baked chilli beef chimichangas with sour cream and salsa  
(Mk,G)

Turkish lamb moussaka with chef's salad  
(G)

Indonesian bang bang chicken with coriander rice and sweet chilli sauce  
(Se)

Jalousie tart with mincemeat  
(Mk,G)

Pear and chocolate sponge with chocolate sauce  
(Mk,E,G)

Autumn fruit crumble with custard  
(Mk,G)

Lemon blondie  
(Mk,E,G)

Warm sultana flapjack  
(Mk,G)

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

LOOK OUT

Main meal and sweet treat  
£2.30

BETTER CHOICE



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# MENU WEEK 3

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TUES

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# SPICE IT UP!

TRY SOMETHING  WITH OUR FLAVOUR OF THE MONTH

## SOUP

HOT HOT HOT!



Cream of mushroom  
(Mk,G)

Butternut squash  
and bean  
(Mu,Mk)

Cream of broccoli  
(Mk)

Cream of sweet  
potato (Mk,Ce)

Chunky country  
vegetable  
(Mk,Ce)

## MAIN

LIVE YOUR BEST LUNCH!



Creamy chicken and  
sweetcorn pie with  
puff pastry, new  
potatoes and green  
beans  
(Mk,G)

Traditional Italian beef  
lasagne, served with  
mixed salad  
(Mk,G)

Herefordshire roast  
pork, gravy and  
Bramley apple sauce,  
roast potatoes  
and broccoli  
(G)

Shepherds pie with  
crunchy potato top,  
gravy and sweetcorn  
(Su,So,Mk,G,Ce)

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

## EDGY VEG

MEAT FREE FEASTS!



Roasted Mediterranean  
vegetable filo pie  
served with new  
potatoes and green  
beans  
(Mk,G)

Vegetarian lasagne  
with mixed salad  
(Mk,G)

Courgette, spinach and  
tomato cheddar pasta  
bake served with garlic  
bread  
(Mk,E,G)

Quorn shepherds pie  
with creamy mash  
potato topping and  
sweetcorn  
(Mk,E,G,Ce)

Homemade bean  
and chick pea burger,  
salad and mayonnaise  
served with crispy  
baked potato wedges  
(Se,E,G)

## GLOBAL EATS

A WORLD OF FLAVOUR!



Chinese sweet and  
sour pork served with  
special fried rice  
(So,G,Ce)

Spicy lamb skewers  
with pitta bread,  
tzatziki and Greek  
salad  
(Su,Mk,G)

Chinese chicken curry  
with rice  
(So,Mu,G)

Indonesian beef  
rendang with steamed  
rice  
(Su,G)

Roasted vegetable  
and mozzarella  
calzone  
(So,Mk,G)

## PERFECT PUDS

SWEET TREAT!



Spiced Bramley apple  
crumble with custard  
(Mk,G)

Golden syrup sponge  
and custard  
(Mk,E,G)

Lemon meringue pie  
(Su,Mk,E,G)

Jam roly poly  
and custard  
(So,Mk,E,G)

Pineapple upside  
down cake  
(Su,Mk,E,G)

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