

ON THE MENU THIS WEEK



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection
HOME COMFORTS	Cumberland sausage with lentil simmer	Butter chicken curry with roasted chickpeas	Teriyaki Stir Fry peppers with soya beans	Roasted Pork with Apples With Gravy	Breaded Pollock With tartare sauce
MEAT FREE	Vegan sausages with lentil summer	Butternut Squash, butter beans, leeks curry	Sticky Korean Bao Buns with mushrooms and tempeh	Autumn Lentil and Kale loaf	Charred Cauliflower and Panner Tikka
ON THE SIDE	Mash and sweet potato mash Roasted carrots and peas Red onions gravy	50/50 rice Broccoli and roasted kale Naan beans	Noodles Chinese greens Pak Choi	Roasted potatoes Roasted carrots, parsnips and beets, Yorkshire pudding	Chips Beans Peas
JACKETS	Beef Keema	Sausage and 5 beans Cassoulet	Ratatouille	3 Cheese and chorizo	Thai yellow chicken and spinach Curry
PASTA	Butternut and tomato 50/50 pasta	50/50 Arrabiatta Pasta	Green Pesto Wholemeal pasta	50/50 Tomato pasta	Mac and cheese pasta
DESSERT	Low sugar Pear and cinnamon Sponge cake Fruit, vegan jelly and yoghurts	Red Currant flapjack Fruit, vegan jelly and yoghurts	Greek yoghurt pots with granola Fruit, vegan jelly and yoghurts	Selection of Ice cream Fruit, vegan jelly and yoghurts	Chocolate and beetroot brownie Fruit, vegan jelly and yoghurts
SALADS	Daily Slaw, Cucumber, Tomato Grated Carrot, Sweetcorn, Grated Cheese, Mixed Leaves, Egg, Tuna and Chef's Daily Salads				

W/C: 07/09; 28/09; 02/11; 23/11; 14/12

ON THE MENU THIS WEEK



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection
HOME COMFORTS	Chicken Katsu Curry	Sticky Gochujang pork, Soya beans and Peppers	Beef and Lentil Bolognaise With 50/50 Penne pasta	Thyme Roasted Chicken With Gravy	Fish fingers
MEAT FREE	Roasted Squash, chickpeas and curious Chicken Katsu	Korean tofu Cauliflower, Peppers	Spinach, ricotta, butterbean 50/50 pasta bake	Roasted beetroot, black beans and sweet potato gratin	Aubergine, tomato and potato tumbet
ON THE SIDE	50/50 Rice Roasted Carrot and Mange Tout	Noodles Chinese Greens Baby corn	Broccoli and Calvo Nero Rocket salad Garlic Bread	Roasted potato, roasted carrot swede and turnips Yorkshire pudding	Chips Beans Peas
JACKETS	Meat free chilli	Beef tagine	Korean pork	Hot Honey Chicken	Pork mushroom Stroganoff
PASTA	Butternut and tomato 50/50 pasta	50/50 Arrabiatta pasta	Green pesto Wholemeal	50/50 Tomato pasta	Mac and cheese
DESSERT	Key Lime Pie Fruit, vegan jelly and yoghurts	Low sugar banana bread Fruit, vegan jelly and yoghurts	Fruit salad Fruit, vegan jelly and yoghurts	Chocolate mousse, cookie crunch Fruit, vegan jelly and yoghurts	Sticky Toffee and date Sponge Cake Fruit, vegan jelly and yoghurts
SALADS	Rainbow Slaw, Cucumber, Tomato Grated Carrot, Sweetcorn, Grated Cheese, Egg and Tuna, Mixed Leaves and Chef's Daily Salads				

W/C: 14/09; 05/10; 09/11; 30/11

ON THE MENU THIS WEEK



Week 3	MONDAY	TUESDAY	VEG WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection	Soup of the day and bread selection
HOME COMFORTS	Mild peri Peri Chicken with roasted peppers and onions	Pepperoni Pizza	Meat free Loaded Nachos	Thyme Roast Beef With Gravy	Breaded pollock with Tartare sauce
MEAT FREE	Courgettes, sweet potato, falafel, beans stew	Margaritta pizza	Smoked bean, pinto and lentil chilli	Puff pie with spinach, cauliflower, cannelloni beans	Vegetarian Moussaka
ON THE SIDE	Cous Cous Green beans, braised cabbage Flatbread	Seasoned wedges Broccoli and Cauliflower Garden salad	50/50 Mexican Rice Charred Corn and Kale Sour cream Salsa Guacamole	Roasted potato, roasted carrot swede and turnips Yorkshire pudding	Chips Beans Peas
JACKETS	Beef and lentil Bolognese	Jamaican chicken Curry	Peruvian Roasted sweet potato and black bean stew	BBQ Pork	Kung pao beef with peppers
PASTA	Butternut and tomato 50/50 pasta	50/50 Arrabiatta pasta	Green pesto Wholemeal	50/50 Tomato pasta	Mac and cheese
DESSERT	Low sugar mango lassi cheesecake Fruit, vegan jelly and yoghurts	Yoghurt with Berry compote Fruit, vegan jelly and yoghurts	Low sugar chocolate and apple Sponge cake Fruit, vegan jelly and yoghurts	Strawberry Mousse with meringues Fruit, vegan jelly and yoghurts	Apple and berry crumble with custard Fruit, vegan jelly and yoghurts
SALADS	Rainbow Slaw, Cucumber, Tomato Grated Carrot, Sweetcorn, Grated Cheese, Egg and Tuna, Mixed Leaves and Chef's Daily Salads				