

# Menu

Week 1

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
<b>Mains</b> HAPPY TUMS	Margherita pizza (G,Mk)	Beef Bolognaise	Cumberland sausages with gravy	BBQ and honey chicken (Mu)	Battered Pollock with Tartar Sauce (G,F,Su,E)
<b>Veggie</b> MEAT FREE	Roasted vegetable pizza (G,Mk)	Veggie Mince Spaghetti Bolognaise (G,So,E)	Vegetarian sausages with gravy (G)	Honey and BBQ glazed vegetables (Mu)	Veggie Burger in a soft Bun (G,Se,E)
<b>Veg</b> EXTRA GOOD	Sweetcorn	Mixed Summer Salad	Carrots Green Beans	Broccoli	Garden Peas Baked Beans
<b>Carbs</b> EXTRA FILLING	Potato wedges	Penne pasta (G)	Mashed potatoes	Steamed rice	Oven Baked Chips
<b>Dessert</b> SWEET TREAT	Chocolate cake (G,E,So)	Choc Chip Oat Cookie (G,E,Mk,So)	Fruit jelly	Apple and Sultana Flapjack (G)	Fresh fruit

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

## Dates

02Sept, 23Sept,  
14Oct, 4Nov,  
25Nov, 16Dec

## 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*



**BUTTERNUT SQUASH**  
September



**CARROTS**  
October



**APPLES**  
November



**CAULIFLOWER**  
December

# Week 2 Menu

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
<b>Mains</b> HAPPY TUMS	Sweet and Sour veggie Stir Fry (G,So)	Beef tacos (none)	Roast Pork with apple sauce and gravy	Mild chicken curry (G)	Baked Fish Fingers with Lemon (G,F)
<b>Veggie</b> MEAT FREE	Pesto pasta (G,Mk)	Veggie tacos (none)	Vegetarian sausage Roll (G)	Sweet potato and chickpea curry (G)	Vegetable Finger (G,So)
<b>Veg</b> EXTRA GOOD	Broccoli	Summer greens	Roasted Carrots Green Beans	Cauliflower	Garden Peas Baked Beans
<b>Carbs</b> EXTRA FILLING	Egg Noodles (G,E)	Rice	Roasted Potatoes	Pilau rice	Oven Baked Chips
<b>Dessert</b> SWEET TREAT	Jam and coconut sponge cake (G,E,So,Su)	Lemon and blueberry blondie (G,E,So)	Jelly pots	Italian Pineapple Sponge Cake (G,E,So)	Fresh cut fruits

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

## Dates

9Sept, 30Sept,  
21Oct,  
11Nov, 2Dec

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**BUTTERNUT SQUASH**  
September



**CARROTS**  
October



**APPLES**  
November



**CAULIFLOWER**  
December



# Menu

Week 3

Eat the Seasons  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Mac and cheese  
(G,Mk,So)

Chili con carne  
(none)

Roast turkey breast  
with gravy and  
cranberry sauce

Creamy chicken and  
sweetcorn pie  
(G,Mk,So)

Fish fingers with  
Tartare Sauce  
(G,F,E,Mu)

## Veggie

MEAT FREE

Spinach and onion  
frittata  
(E,Mk)

Vegan chili  
(none)

Roast Vegetable  
and Bean Crumble  
(G,Mk,So)

Creamy mushroom  
pie  
(G,Mk,So)

Mixed Bean and  
Vegetable Burrito  
(G,Mk)

## Veg

EXTRA GOOD

Steamed Green  
Beans

Coleslaw  
(E)

Steamed Carrots  
Cabbage with Leeks

Steamed Broccoli  
Summer Salad

Garden Peas  
Baked Beans

Parsley Carrots

## Carbs

EXTRA FILLING

Garlic focaccia  
(G,So)

Fluffy rice

Roasted Potatoes

Creamy mash  
(Mk)

Oven Baked Chips

## Dessert

SWEET TREAT

Flapjack  
(G)

Apple and Raisin  
Sponge with  
Custard (G,Mk,So,E)

Fruity  
Jelly

Chocolate chip and  
banana cake  
(G,E,Mk,So)

Ice Cream  
(Mk)

*Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.*

## Dates

16Sept, 7Oct,  
28Oct, 18Nov,  
9Dec

## Allergens

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G = Cereals  
containing Gluten

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Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

