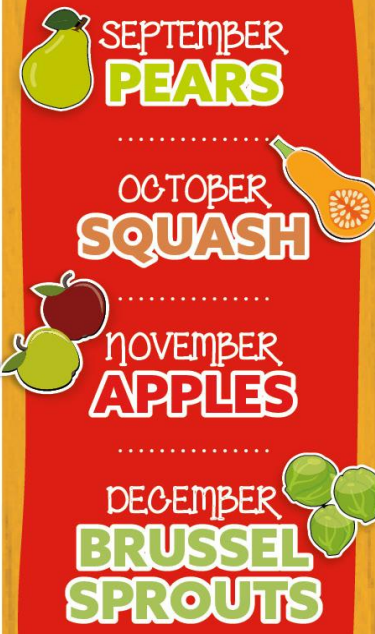


# Menu

## Week 1



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Vegetable pasta  
bake  
(G,Mk)

Pepperoni Pizza  
(G,Mk,E,So)

Pork sausages  
(G,Su)

Chicken Tagine  
(G)

Fish Fingers with  
Tartar Sauce  
(G,F,E)

### Veggie

MEAT FREE MAINS

Roasted Vegetable  
and Sweetcorn Pie  
(G,E,Mk,Ce)

Margherita Pizza  
(G,E,Mk,So)

Vegetable Sausage  
Toad in the Hole  
with Gravy  
(G,E,Ce,Mk)

Sweet Potato and  
Butternut Tagine  
(G,Mu,So)

Veg Finger with  
Tartar Sauce  
(G,E,Su)

### veg

EXTRA GOOD

Broccoli  
Green Beans

Garden Salad

Carrots  
Steamed Green  
Beans

Roasted Cauliflower  
Red Onion and  
Courgettes Sauté

Baked Beans  
Peas

### Carbs

FUEL FOOD

Home Baked Garlic  
Focaccia  
(G)

Crispy Potato  
Wedges

Mashed Potato

Biryani Rice

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fresh Fruit  
Platter

Apple and  
Sunflower Seed  
Honey Bar

Fruity Jelly

Carrot Cake  
(G,E,Mk)

Fruit platter  
(G,E)

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

### Dates

Sept 1, Sept 22, Oct 13, Nov 1

### 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



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Veggie Bolognaise  
Pasta Bake  
(G,Mk)

Chicken Enchilada  
with a Tomato Sauce  
and Cheese  
(G,Mk,Mu)

Roast Gammon With  
Apple sauce and  
Gravy



Mild chicken curry

Battered Pollock  
with Lemon Wedge  
(E,G,F)

### Veggie

MEAT FREE MAINS

Macaroni and  
Cheese  
(G,Mk)

Vegetable Enchilada  
with a Tomato Sauce  
and Cheese  
(G,Mk,Mu)

Roasted Vegetable  
Crumble  
(G,Mk,Mu)

Eat Curious  
Vegetarian Curry

Leek Cheddar and  
Sweetcorn Quiche  
(G,E,Mk,Ce)

### veg

EXTRA GOOD

Steamed Broccoli  
  
Chefs Salad

Sancho Pollo  
Coleslaw  
(E)  
Sweetcorn

Kale  
  
Roasted Carrots

Green Beans  
  
Cauliflower

Garden Peas  
  
Baked Beans

### carbs

FUEL FOOD

Home Baked Garlic  
Focaccia  
(G)

Mixed Potato  
Wedges

Roasted Potatoes

Mixed Rice

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fresh Fruit  
Platter



Pear and Raisin  
Seed Bar  
(G,Su)



Fruity Jelly

Choc Chip Cookie  
(G,E,So)

Fresh fruit



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

### Dates

Sept 2, Sept 29, Oct 20, Nov 10

### 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 3



Look for this logo on the menu to try a yummy seasonal special!

### Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Pesto pasta (G,Mk)	Meatball Marinara Sub Roll topped with Crispy Onions (G,Mk,Se)	Roasted chicken with gravy (G,Su)	Chicken and Vegetable Hot Pot with Sauté Potato Topping (Mk)	Fish Finger Dog (G,F,Se)

### Veggie

MEAT FREE MAINS

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Pasta Tossed in a Basil Pesto Baked with Cheese (G,Mk)	Falafel Marinara Sub Roll Topped with Crispy Onions (G,Mk,Se)	Roasted Vegetable Sausage with Gravy (G,Ce)	Seasonal Vegetable and Butternut Squash Hot Pot with Sauté Potato Topping (Mk)	Vegetable Finger Dog (G,Su)

### veg

EXTRA GOOD

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Tossed Salad	Steamed Cauliflower	Steamed Carrots	Medley of Steamed Green Vegetables	Garden Peas
Sweetcorn	Brussel Sprouts	Cabbage with Leeks		Baked Beans

### carbs

FUEL FOOD

Monday	Tuesday	Wednesday	Thursday	Friday
Home Baked Garlic Focaccia (G)	Potato Wedges	Mash Potato		Oven Baked Chips

### Dessert

SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
Sliced Fruit Platter	Pear sponge pudding (G,E,So)	Fruity Jelly	Oat and Apple Cookie (G,E)	Fruit platter

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

### Dates

Sept 15, Oct 6, Oct 27, Nov 17

### 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

