

MENU WEEK 1



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



01/01-29/01-26/02-25/03

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Spaghetti bolognaise
(G)

Honey & BBQ glazed chicken

Roast turkey and gravy

Sage and onion stuffing balls (G)

Chicken and sweetcorn puff pastry pie
(G)

Battered pollock, lemons & tartare sauce (G,Su,F)

VEGGIE #MeatFree

Macaroni cheese
(G,Mu,Mk)

Honey & BBQ glazed grilled vegetables

Butternut squash and cherry tomato crumble
(G,Mk)

Creamy vegetable pot pie
(G,Mk)

Cheese, tomato and roasted onion quiche
(G,Mk,E)

VEG #ExtraGood

Chef's salad

Sweetcorn

Broccoli

Carrots

Steamed cabbage

Cauliflower

Green beans

Garden peas

Baked beans

CARBS #FillingExtras

Garlic bread
(G,Mk,So)

Savoury Rice

Roast potatoes

Fluffy mash potato
(Mk)

Chips

PUDS #SweetTreat

Pear and apple crumble with custard
(G,Mk)

Chocolate marble cake
(G)

Rice pudding with strawberry jam
(Su,Mk)

Carrot cake
(G)

Chocolate chip brownie
(G)

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



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



08/01-05/02-04/03

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Cowboy sausage
casserole
(G,Su)

Cottage pie with
crunchy sweet potato
mash
(Su,So,Mk,Ce)

Roast chicken and
gravy
Sage and onion
stuffing balls (G)

Ham and pineapple
focaccia pizza
(G,Mk,E)

Fish finger hot dogs
(G,Se,F,E)

VEGGIE #MeatFree

Cowboy veggie
sausage casserole
(G,Ce)

Veggie cottage pie
with crunchy sweet
potato mash
(Su,So,Mk,Ce)

Hidden veggie
sausage rolls
(G,E)

Margherita
focaccia pizza
(G,Mk,E)

Spinach and
mozzarella cannelloni
bake
(G,So,Mu,Mk,E,Ce)

VEG #ExtraGood

Green beans
Sweetcorn

Steamed broccoli
Roast swede

Steamed cabbage
Roasted carrots
and parsnips

Classic coleslaw
(Su,Mu,E)
Chef's Salad

Garden peas
Baked beans

CARBS #FillingExtras

Wholegrain steamed
rice

Roasted new potatoes

Baked potato wedges

Chips

PUDS #SweetTreat

Sultana and oat
cookie tray bake
(G)

Lemon curd sponge
with custard
(G,Mk,)

Coconut carrot slices -
reduced sugar
(G)

Blueberry and orange
tray bake pancake
(G,Mk,E)

Upside down banana
and caramel sponge
(G)

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MENU WEEK 3



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15/01-12/02-11/03

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Mexican beef chilli
con carne with
crushed nachos and
sour cream (Mk)

Creamy chicken
korma curry
(Mu,Mk)

Roast pork, gravy
and apple sauce

Sage and onion
stuffing balls
(G)

Beef and mozzarella
Quesadilla
(G,Mk,E)

Battered pollock,
lemons & tartare
sauce
(G,Su,F,E)

VEGGIE #MeatFree

Mexican chilli
con veggie (G)
with crushed nachos
and sour cream (Mk)

Potato and chick pea
southern Indian curry
(So,Mk)

Cheesy leek and
carrot crumble
(G)

Roasted vegetable
and mozzarella
pancake bake
(G,Mk,E)

Cheese and onion
puff pastry patty
(G,So,Mk,E)

VEG #ExtraGood

Sweetcorn and
peppers

Roast carrots

Braised red
Cabbage

Italian marinated
coleslaw (Su)

Garden peas

Cauliflower

Green beans

Leeks

Chef's salad

Baked beans

CARBS #FillingExtras

Steamed rice

Bombay potatoes
or
Turmeric rice

Roasted potatoes

Accent garlic
focaccia fingers
(G,Mk)

Chips

PUDS #SweetTreat

Oaty apple crumble
with custard
(G,Mk)

Anzac biscuit
(G,Su)

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

Baked vanilla
cheesecake with forest
fruits
(G,Mk,E)

Lemon
drizzle cake
(G,E)

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MENU WEEK 4



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22/01-19/02-18-03

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Lemon chicken
noodle stir fry
(G,So,E)

Butchers pork
sausages, gravy and
onions
(G,Su)

Roast chicken and
gravy
Sage and onion stuffing
(G)

Cheeseburger
pasta bake
(G,Mk)

Fish finger hot dogs
(G,Se,F,E)

VEGGIE #MeatFree

Sweet and sour
vegetable stir fry
(G,So)

Veggie sausages, gravy
and onions
(G,Ce)

Cauliflower
cheese topped
veggie cottage pie
(G,Su,So,Mk,Ce)

Meat free
cheeseburger pasta
bake
(G,Mk)

Butternut squash and
spinach samosas
(G)

VEG #ExtraGood

Soy and ginger
roasted greens
(G,So)

Baked beans
Broccoli

Steamed leeks
Roast carrots

Coleslaw (E)
Chef's Salad

Garden peas
Baked beans

CARBS #FillingExtras

Egg fried rice
(G,So,E)

Creamy mash potato
(Mk)

Roasted new potatoes

Chips

PUDS #SweetTreat

Upside down pineapple
cake with custard
(G,Su,Mk,E)

Apple and
sultana flapjacks
(G)

Carrot cake with
cream cheese frosting
(G,Mk,E)

Sticky toffee
pudding and custard
(G,Su,Mk,E)

White chocolate chip
and raspberry cookies
(G,So,Mk,E)

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