

# Menu

Week 1

Eat the Seasons  
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
<b>Mains</b> HAPPY TUMS	Mac'n cheese (G,Mk)	Mexican Beef Burritos (G,Mk)	Roast Pork Loin with Apple Sauce, Crackling and Gravy Homemade Apple Sauce	Chicken Chow Mein (G,So,E)	Battered Fish with Lemons & Tartare Sauce (G,Su,F,E)
<b>Veggie</b> MEAT FREE	Wholemeal Penne with fresh pesto  (G)	Huevos Rancheros (G,E)	<b>Vegan</b> Super Squash Tray Bake (G,Su,Mu)	<b>Vegan</b> Keralan Cauliflower Curry	<b>Vegan</b> Spicy Tofu & Vegetable Fajitas (G,So)
<b>Veg</b> EXTRA GOOD	Courgette & Roasted tomatoes	Buttered Sweetcorn & Roast Peppers	Roasted Carrots  Steamed Cabbage	Spiced Roasted Broccoli	Garden Peas  Baked Beans
<b>Carbs</b> EXTRA FILLING	Focaccia Fingers (G)	Brown Rice	Roasted Potatoes	Steamed Basmati Rice	Oven Baked Chips
<b>Dessert</b> SWEET TREAT	Rhubarb Crumble & Custard (Mk)	Vegan Flapjack ((G)	Fruity Vegetarian Jelly	Banana Cake with Vanilla Custard (G,So,Mk,E)	Pear & Apricot Oaty Crumble (G,Su,Mk,E)

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

## Dates

02/09-30/09-  
28/10-25/11

## 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

Eat the Seasons

SEASONALLY FRESH, PERFECTLY PICKED

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Pepperoni pizza  
(G, Mk, Su)

Salt and pepper  
chicken

Honey glazed Roast  
Pork

Classic Slow Cooked  
Beef Lasagne  
(G, Mk)

Fish Fingers  
with Lemons  
& Tartare  
Sauce  
(G,Su,F,E)

## Veggie

MEAT FREE

Barbeque Halloumi  
& coleslaw Pitta  
(G, Mk, E, Ce)

Sweet potato &  
chickpea curry

Margherita Pizza  
Bomb with Coleslaw  
(G,Mk,E)

**Vegan** Moroccan  
Vegetable & Chick  
Pea Tagine with Cous  
Cous  
(G,So,Mu)

**Vegan** Biryani  
Puff Pastry Pie  
(G,So)

## Veg

EXTRA GOOD

Curly Kale  
Sweetcorn

Steamed Broccoli  
Buttered Carrots  
with Onion Seeds

Broccolik  
Diced Swede

Green Beans with  
Crispy Shallots  
Roasted Carrots

Garden Peas  
Baked Beans

## Carbs

EXTRA FILLING

Potato wedges

Sticky Rice

Roast Potatoes

Garlic Bread

Oven Chips

## Dessert

SWEET TREAT

Steamed Jam  
Sponge Pudding &  
Custard  
(G,So,Mk,E)

Banoffee Pie  
(G,Mk)

Chocolate & Pear  
Sponge with Vanilla  
Custard  
(G,So,Mk,E)

Vegetarian  
Fruit Jelly

Rice Krispie  
Cakes  
(G,Mk,So)

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



## Dates

09/09-07/10  
04/11-02/12

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# Menu

Week 3

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

	MON	TUES	WED	THU	FRI
<b>Mains</b> HAPPY TUMS	Pesto Pasta with fresh tomatoes <b>(G)</b>	Pulled Pork	Roast Norfolk Turkey with Gravy, Cranberry & Apricot Stuffing <b>(G,Su,So,Mk)</b>	Cumberland's Sausages with Red Onion Gravy <b>(Su,G)</b>	Battered chicken bites <b>(G)</b>
<b>Veggie</b> MEAT FREE	<b>Vegan</b> Caponata style Aubergines <b>(none)</b>	Panko Breaded Sweet Potato with Katsu Sauce <b>(G,So,E)</b>	<b>Vegan</b> Greek stuffed Peppers <b>(G,Ce)</b>	Onion Bhaji Burger with Mint & Yoghurt Dressing <b>(Mk, So)</b>	Harissa Roasted Cauliflower, Bean & Pomegranate Salsa <b>(So,Mk)</b>
<b>Veg</b> EXTRA GOOD	Steamed Courgette & Broccoli Chef's Mixed Salad	Green Beans & Carrots	Roasted Cauliflower Spring Greens	Green Beans Roasted Carrots	Garden Peas Baked Beans
<b>Carbs</b> EXTRA FILLING	Focaccia Fingers <b>(G)</b>	Sticky Rice	Roast Potatoes	Mashed Potatoes <b>(no allergens)</b>	Oven Chips
<b>Dessert</b> SWEET TREAT	Apple Crumble and custard <b>(Mk)</b>	Banoffee Pie <b>(G,So,Mk)</b>	Vegetarian Fruit Jelly	Lemon Drizzle cake <b>(G)</b>	Apple Filo Pie <b>(G, So)</b>

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



**BUTTERNUT SQUASH**  
September



**CARROTS**  
October



**APPLES**  
November



**CAULIFLOWER**  
December

**Dates**  
16/09-14-10  
11/11-09/12

## Allergens

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- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
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# Week 4 Menu

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

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## Veg

EXTRA GOOD

## Carbs

EXTRA FILLING

## Dessert

SWEET TREAT

MON

Vegetables Egg Noodles

(G,So,E)

Wholemeal Spinach, Roasted Pepper & Tomato Pasta

(G,Ce)

Sweetcorn Garlic and Chilli Chinese Greens

Egg Noodles (G,E)

Strawberry Fool (Mk)

TUES

Turkey Kofta, Tzatziki & Romaine Lettuce Wrap

(G,Mk)

**Vegan** Basil and Coconut Vegetable Curry

Broccoli Roasted Aromatic Cauliflower

Steamed rice

Oaty Apple Crumble with Custard (G,Mk,So,E)

WED

Roast Gammon with Gravy

Sage & Onion Stuffing Balls (G)

Feta and Spinach Filo Pie

(G,Mk,E)

Steamed Savoy Cabbage Carrots

Roasted New Potatoes

Fruity Vegetarian Jelly

THU

Chicken with curry Sauce

(Mu)

Potato Gnocchi with Tomato & Roast Vegetable Sauce

(none)

Spring Greens Roast Corn on the Cob

Brown Rice

Banana and Date Flapjack (G)

FRI

Fish Fingers with Lemons & Tartare Sauce

(G,Su,F,E)

Cheese & Onion Frittata

(Mk,E)

Garden Peas

Baked Beans

Oven Baked Chips

Chocolate Brownie (G,E)

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



## Dates

23/09-21/10  
18/11-16/12

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containing Gluten

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