



# WEEK 1 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Italian beef bolognaise with wholemeal pasta (Mk,Ce)

Farm assured pork sausage with gravy (Su,G)

Roast Chicken with Sage and Onion Stuffing and gravy (G)

Homemade shepherd's pie with mash potato top (Su,So)

MSC cod baked fish fingers served with lemon and tomato ketchup (F,G)

## VEGETARIAN

Baked Gnocchi in Tomato and Pepper Sauce (Mk,G,E)

Macaroni cheese with a crispy topping (G,Mk)

Chinese noodles with sweet and sour stir fried vegetables (G,E)

Quorn shepherd's pie with mash potato topping (Su,So)

Spinach, Potato and Chick Pea Curry with Rice (None)

## VEGGIES

Cous cous (G)  
...  
Sweetcorn  
...  
Roasted Courgette

Creamy mashed potato  
...  
Carrots  
...  
Steamed green beans

Fluffy roasted potatoes  
...  
Steamed broccoli  
...  
Roasted root vegetables

Mashed Potato  
...  
Garden peas  
...  
Carrots

Baked oven chips  
...  
Baked beans  
...  
Garden Peas

## PUDDING

Banana Tea Cake (G,Mk,E)

Pear and chocolate sponge with chocolate sauce (G,Mk,E)

Treacle tart and custard

Carrot cake (Mk,E,G)

Warm sultana flapjack (G,Mk)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY  
24TH JANUARY



PANGAKE DAY  
25TH FEBRUARY



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

### ★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya  
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



# WEEK 2 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Mild Rogan Josh chicken curry mango chutney (So,Su)

Chinese turkey stir fry with vegetables and noodles (G,E)

Roast gammon and gravy (Su)

Mexican beef chilli con carne (Ce)

Baked battered cod fillet (F,Mu,E,G,Mk)

## VEGETARIAN

Tarka Dahl with spinach and lentils (Mk)

Cheese and tomato Margarita pizza (G,Mk,E)

Savoury veggie mince casserole with root vegetables (Ce)

Vegetable quesadilla with sour cream and cheese (G,Mk)

Mixed bean and vegetable burrito (G,Ce)

## VEGGIES

Pilau rice  
...  
Steamed carrots  
...  
Roasted spiced cauliflower

Crispy potato wedges  
...  
Baked beans  
...  
Sauté leeks

Fluffy roasted potatoes  
...  
Broccoli florets  
...  
Roasted Carrots

Steamed rice  
...  
Sweetcorn  
...  
Steamed green beans

Baked oven chips  
...  
Garden peas  
...  
Baked beans

## PUDDING

Lemon blondie (G,Mk,E)

Traditional oven baked rice pudding (Mk)

Autumn fruit crumble with custard (G,Mk)

Shortbread Biscuit (G,Mk)

Chocolate chip oat cookie (G,Mk,E)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY  
24TH JANUARY



PANCAKE DAY  
25TH FEBRUARY



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

### ★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya  
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



# WEEK 3 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Savoury sausage meat puff pastry plait (G)

Farm assured Italian beef lasagne (G,Mk)

Roast Herefordshire pork with apple sauce and gravy (None)

Creamy Chicken and Sweetcorn Pie (Mk,G)

MSC cod baked fish fingers served with lemon and tomato ketchup (F,G)

## VEGETARIAN

Vegetarian Sausage with Vegetable Gravy (So,G,E)

Vegetarian lasagne (G,Mk)

Fusilli pasta with tomato and basil sauce (G) 

Potato, Cheese and Onion Puff Pastry Pie (Mk,G)

Veggie burger with relish and sauces (G,Mk,Mu,So,Su)

## VEGGIES

Steamed new potatoes  
...  
Green beans  
...  
Roasted carrots

Garlic bread (G)  
...  
Garden Peas  
...  
Mixed tossed salad

Fluffy roasted potatoes  
...  
Roasted parsnips and carrot  
...  
Steamed broccoli

Mashed potato  
...  
Sweetcorn  
...  
Sauté leeks

Baked oven chips  
...  
Baked beans  
...  
Garden peas

## PUDDING

Spiced Bramley apple crumble with custard (G,Mk)

Sticky Ginger Cake (G,Mk,E)

Pineapple upside down cake (G,Mk,E)

Golden syrup sponge and custard (G,Mk,E)

Banoffee pie (G,Mk)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY  
24TH JANUARY



PANCAKE DAY  
25TH FEBRUARY



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

### ★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soya  
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide