

MON

TUES

WED

THU

FRI

SAT

SUN

MAIN MEAL

Quorn chilli con Carne served with Mexican Rice and Soured Cream **(G,Ge,Mk)**

Turkey and sweetcorn pie served with creamy mashed potato **(G,MK)**

Honey roast gammon served with gravy, Yorkshire pudding and roast potatoes **(G,Mk)**

Chicken tikka masala, mango chutney and steamed rice **(G)**

Breaded cod fish fingers **(G,Su,Mu,F,E)** or Roasted Salmon, pea and dill penne pasta bake **(F,G,Mk)**

Beef chilli con carne served with savoury rice, nachos and soured cream **(Mu,Mk,G)**

Roast chicken breast with roast gravy, sage and onion stuffing, roasted potatoes **(G,E)**

VEGETARIAN

Feta and Spinach Filo Pie with Chunky Tomato Sauce **(Mk,E,G)**

Mediterranean vegetable paella served with a grilled butternut squash steak **(Mk)**

Lentil and vegetable roast loaf served with vegetarian gravy and roasted potatoes **(G,So,Mu,Mk,Ce)**

Chick pea, roasted vegetable and coriander masala served with mango chutney and steamed rice **(Mu)**

Macaroni Cheese with a crunchy topping **(G,So,Se,Mk)**

Vegetable quesadilla served with savoury rice, sour cream and cheese **(Mu,Mk,G)**

Quorn and vegetable sweet chilli noodles **(E,G)**

VEGGIES

Steamed Broccoli
Sweetcorn

Green Beans
Roasted Swede

Cauliflower cheese **(Mk,G)**
Curly kale

Courgettes
Roasted carrots

Oven baked Chips
Garden Peas
Baked Beans

Buttered sweetcorn **(Mk)**
Sauté leeks

Fluffy roasted potatoes
Roasted root
Steamed broccoli

PUDDING

Chocolate chip banana cake **(G,Mk,E)**

Spiced Apple crumble and custard **(G,Mk)**

Lemon meringue pie **(Su,Mk,E,G)**

Bread and butter pudding with custard **(Su,So,Mk,E,G)**

Fruity Flapjack **(G,Mk)**

Millionaires marbled chocolate tart **(Mk,E,G,So)**

Jam sponge with custard **(Mk,E,G)**

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

★ 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



ITALIAN DAY
24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER

WEEK 2 MENU

MON

TUES

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THU

FRI

SAT

SUN

MAIN MEAL

Penne pasta with vegetable bolognese, garlic bread
(G,So,Mk)

Classic beef burger served in a brioche bun with salad and relishes
(Su,Mu,G,Ce)

Sliced roast Norfolk turkey breast, roast gravy **(G,Ce)**, sage and onion stuffing **(Mk,E,G)** with cranberry sauce **(Su,So,Se)**

Baked Mexican Chicken Enchilada wraps served with savoury rice
(Mu,Mk,G,Ce)

Breaded cod fish fingers **(G,Su,Mu,F,E)** or Cheesy tuna and sweetcorn pasta bake **(Mk,F,G)**

Turkish lamb moussaka
(Mk,G)

Roast beef with Yorkshire pudding and roast gravy
(Mk,E,G)

VEGETARIAN

Penne pasta with creamy roasted butternut squash and sage, garlic bread
(G,Mu,Mk,E)

Vegetable burger served in a brioche bun with salad and relishes
(Su,Se,Mu,G,Ce)

Vegetable wellington, sage and onion stuffing, roasted potatoes
(G,Su,So,E,Ce)

Creamy mushroom and leek stroganoff served with savoury rice
(Su,Mk,G)

Singapore noodles, teriyaki Quorn and Chinese vegetables
(G,E,Su)

Vegetarian puff pastry sausage roll
(So,E,G)

Tomato and basil risotto
(Mk,E)

VEGGIES

Broccoli

Oven baked potato wedges

Fluffy roasted potatoes

Sweetcorn and BBQ beans

Oven chips

Steamed new potatoes

Fluffy roasted potatoes

Sweetcorn

Chef's mixed salad and cheesy coleslaw
(Su,Mu,Mk,E)

Steamed cabbage and roasted carrots

Garden peas

Carrots

Roasted cauliflower

Grilled tomatoes

Savoy cabbage

Steamed broccoli

PUDDING

Lemon drizzle cake
(Mk,E,G)

Chocolate sponge and chocolate custard
(Mk,E,G)

Strawberry cheesecake
(G,Mk)

Autumn fruit crumble with custard
(Mk,G)

Chocolate brownie
(Mk,E,G)

Sticky toffee pudding with toffee sauce
(Su,Mk,E,G)

Traditional oven baked rice pudding
(Mk)

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MAIN MEAL

Fresh Italian dough pizza topped with mozzarella and tomato, served with chips and coleslaw
(G,Mk,E,Mu)

Traditional Shepard's Pie with a Crunchy Potato Topping
(Su,Mk,G,Ce)

Roast chicken breast with roast gravy, sage and onion stuffing, roasted potatoes
(G,E)

Traditional beef lasagne served with garlic bread and chefs salad
(So,Mk,G)

Breaded cod fish fingers **(G,Su,Mu,F,E)** or Classic Fisherman's pie, topped with cheesy mash
(G,So,Se,Mk,F)

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

Roast leg of Hereford pork with chunky apple sauce and gravy, roast potatoes
(G)

VEGETARIAN

Butternut squash and leek risotto served with Chef's salad
(Mk,E)

Vegetarian Cottage Pie served with Vegetarian Gravy
(So,Mk,G,Ce)

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

Mediterranean vegetable lasagne served with garlic bread and chefs salad
(So,Mk,G)

Mixed bean and vegetable burrito
(Mu,Mk,G)

Wholemeal cheese and tomato quiche
(G,Mk,E)

Spinach, potato and chick pea curry with steamed rice
(none)

VEGGIES

Potato wedges
Sweetcorn and Chef's salad

Roasted Carrots
Steamed Cabbage

Sauted leeks
Steamed broccoli

Carrots
Chef's Mixed Salad

Oven baked Chips
Garden Peas
Baked Beans

Steamed rice
...
carrots
...
Roasted vegetables

Fluffy roasted potatoes
...
Broccoli florets
...
Buttered sweetcorn
(Mk)

PUDDING

Sugar Free Banana Cake
(G,Mk,E)

Pineapple upside down cake with custard
(Su,E,G,Mk)

Banoffee pie
(G,So,Mk)

Bread and butter pudding with custard
(Su,So,Mk,E,G)

Sticky Jamaican ginger cake
(G,Mk,E)

Chocolate mousse
(So,Mk)

Autumn fruit crumble with custard
(Mk,G)

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