

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Beef & Lentil Lasagne
(E*, MK, G/B*, W)

Mexican Chicken

Beef Mince Casserole
(G/B*, W*)

Butter Chicken Curry
(G/B*, O*, R*, W*)

Battered Fish or Salmon
Fishcake & Chips
(F, G/B*, W)

S

VEGGIE



Roasted Squash & Root
Vegetable Lasagne
(E*, MK, G/W)

Mexican Quorn & Veggies
(CE, E, MU, G/B, O*, R*,
W*)

Vegetable & Bean
Casserole
(CE, G/B*, W*)

Chickpea & Vegetable
Masala
(CE, MK, MU*, G/B*, O*, R*,
W)

Margherita Pizza & Chips
(MK, G/W)

S

V S

S

SIDES



Garlic Bread & Green Salad
(MK, SO*, G/W)

Steamed Rice & Green
Beans

Rustic Roast Potatoes with
Roasted Carrots & Parsnips

Steamed Rice & Green
Beans

Beans or Peas

V

V S

V

V

PASTA & JACKET



Vegan Roasted Vegetable
Pasta
(G/W)

Jacket Potato & Salad

Tomato & Basil Pasta
(CE, G/W)

Jacket Potato & Salad

Mac & Cheese
(MK, G/W)

V

V

PUD



Homemade Chocolate
Cookie
(E, MK, SO*, G/W)

Iced Vanilla Sponge
(E, MK, SO*, G/W)

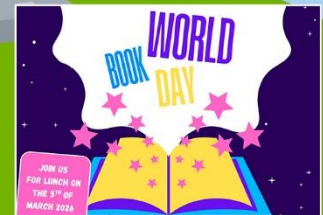
Chocolate & Orange
Brownie
(E, MK, SO, G/B, W)

Orange & Berry Cake
(E, MK, SO*, G/W)

Cinnamon Swirl
(G/W)

V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT



DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG