

Week 1 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Cumberland Sausage with Gravy (G,Su)	Penne Beef Bolognese (G)	Roast Gammon served with Gravy	Pepperoni Focaccia Pizza (G,E,Mk)	Battered Pollock with Tartar Sauce (G,F,Su,E)
Veggie MEAT FREE	Vegetarian Sausage with Gravy (G,Ce)	Veggie Mince Spaghetti Bolognese (G,So)	Vegetarian Wellington served with Gravy (G,E)	Focaccia Pizza with Mozzarella and Basil (G,E,Mk)	Veggie Burger in a soft Bun (G,Se,E)
Veg EXTRA GOOD	Steamed Broccoli Carrots	Mixed Summer Salad	Tender baby Carrots Green Beans	Sweetcorn	Garden Peas Baked Beans
Carbs EXTRA FILLING	Creamy Mashed Potato		Roast New Potatoes	Crispy Potato Wedges	Oven Baked Chips
Dessert SWEET TREAT	Eve's Pudding with Custard (G,E,Mk,So)	Choc Chip Oat Cookie (G,E,Mk,So)	Fruity Vegetarian Jelly	Ginger Cake (E,G)	Ice Cream with Strawberry Jam Sauce (Mk)

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



Dates
Insert dates here

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	Sweet and Sour Chicken Stir Fry (G,So)	Savoury Beef Chilli with Vegetables (Ce)	Baked Sausages with Gravy	Chicken and Macaroni Pasta Bake topped with Mozzarella (G,So,Mk)	Baked Fish Fingers with Lemon Wedges (G,F)
Veggie MEAT FREE	Sweet and Sour Veggie Stir Fry (G,So)	Veggie Mince Casserole with Root Vegetables (So,Ce)	Vegetarian Sausage with Gravy (G,So,E)	Courgette, Spinach and Cheddar Pasta Bake (G,Mk)	Vegetable Finger (G)
Veg EXTRA GOOD	Broccoli	Spring Greens	Roasted Carrots Green Beans	Chef's Salad	Garden Peas Baked Beans
Carbs EXTRA FILLING	Egg Noodles (G,E)	White Rice	Mashed Potatoes		Oven Baked Chips
Dessert SWEET TREAT	Raspberry Jam Sponge pudding with Custard (Mk,E,G,So)	Raisin and Banana Cookie (G,E)	Fruity Vegetarian Jelly	Italian Pineapple Sponge Cake (G,E,Mk)	Lemon and Blueberry Blondie (G,E,Mk,So)

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Week 3

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	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Signature Sausage Roll with Gravy (G,E,Su)	Chicken Enchilada with a Tomato Sauce (G,Mu,Mk)	Roast Pork with Gravy	Penne Carbonara (G,Mk)	Battered Pollock, Lemons & Tartare Sauce (G,Su,F,E)
Veggie MEAT FREE	Vegetable Sausage with Gravy (G,Ce)	Vegetable Enchilada with Tomato and Cheese (G,Mu,Mk)	Roast Vegetable and Bean Crumble (G,Mk,Mu)	Penne Mushroom Carbonara (G,Mk)	Mixed Bean and Vegetable Burrito (G,Mk,Mu)
Veg EXTRA GOOD	Steamed Green Beans Parsley Carrots	Coleslaw (E)	Steamed Carrots Savoy Cabbage with Leeks	Steamed Broccoli Summer Salad	Garden Peas Baked Beans
Carbs EXTRA FILLING	Mash Potato	Baked Potato Wedges	Roasted Potatoes		Oven Baked Chips
Dessert SWEET TREAT	Lemon Drizzle Cake (G,E)	Cornflake Cake (G,Mk)	Fruity Vegetarian Jelly	Chocolate Chip Banana Tea Bread (G,E,Mk,So)	Ice Cream (Mk)

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Week 4 Menu

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	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Chicken baked in a homemade BBQ Sauce (Ce,G,Su,So)	Slow Cooked Beef Lasagne (G,Mk,E)	Roast Turkey Breast with Gravy and Cranberry Sauce	Mild Chicken Curry with Peppers and Spinach	Baked Fish Fingers with Lemon Wedges (G,F)
Veggie MEAT FREE	BBQ Quorn and Vegetable Wrap (G,E,Mk,Mu)	Veggie Mince Lasagne (So,G,Mk,E)	Butternut Squash, Leek and Onion Wellington (G,E,Mk)	Mild Vegetable Curry	Vegetable Finger (G)
Veg EXTRA GOOD	Sweetcorn Carrots	Chef's Salad Green Beans	Green Beans Roast Parsnips	Sauteed Courgette Steamed Carrots	Garden Peas Baked Beans
Carbs EXTRA FILLING	Potato Wedges		Roasted New Potatoes	White Rice	Oven Baked Chips
Dessert SWEET TREAT	Strawberry Fool (Mk)	Oaty Apple Crumble with Custard (G,Mk,So,E)	Fruity Vegetarian Jelly	Flapjack (G)	Chocolate Brownie (G,E)

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BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
December

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