

MENU

Week 1 Begins:
30 Oct, 20 Nov, 11 Dec,
15 Jan, 5 & 26 Feb, 18 Mar

Monday

V Lentil Soup
(Celery)

Mince & Pastry Square
(Celery/Gluten)

V Vegetable Noodles
(Celery/Gluten/Egg/Soya)

Mashed Potatoes |
Carrot and Swede Mix

We use locally grown
produce where possible!

Did you know you can
have two portions of
vegetables and one
portion of fruit daily?

Tuesday

V Tomato & Basil Soup
(Celery)

Satay Chicken

V Cream Cheese and Leek
Quiche
(Gluten/Egg/Milk)

Rice | Sweetcorn | Broccoli

Thursday

Chicken Noodle Soup
(Gluten/Egg)

Gluten Free Pork Meatballs
& Tomato Sauce
(Soya/Sulphur Dioxide)

V Vegetable Dhal
(Celery)

Pasta Twists | Pilaf Rice |
Mixed Vegetables

Wednesday

– Meat free day –

V Broth Soup
(Celery/Gluten)

V Macaroni Cheese
Gluten/Milk/Mustard/Soya

V Quorn Beef Fajita
(Gluten)

Potato Wedges |
Seasonal Carrots

Friday

V Vegetable Soup
(Celery)

Breaded Haddock
(Gluten/Fish)

V Mediterranean Lasagne
(Gluten/Egg/Milk/
Mustard/Soya)

Chips | Peas

Allergies

If you have an allergy,
please speak to a member
of the catering staff

Options and quality

Vegan, Gluten Free &
Dairy Free options are
available daily!

We use locally grown
produce where possible!

Daily



Glass of
water



Salad
selection



Fresh Fruit or
Cheese & Biscuits



MENU

Week 2 Begins:
6 & 27 Nov, 18 Dec, 22 Jan,
12 Feb, 4 & 25 Mar

Monday

– Meat free day–

✓ Leek and Potato Soup
(Gluten)

✓ Quorn Chilli &
Homemade Nachos
(Gluten/Egg)

✓ Loaded Potato Skins
(Milk)

Rice | Seasonal Mixed
Vegetables

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produce where possible!

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have two portions of
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portion of fruit daily?

Tuesday

✓ Roast Pepper and
Tomato Soup
(Celery)

Roast Chicken with
Gravy & Yorkshire
(Gluten/Egg/Milk)

✓ Quesadilla
(Gluten)

Roast Potatoes | Brussels Sprouts

Thursday

✓ Carrot and Coriander Soup
(Celery)

Chicken Korma
(Celery/Milk/Mustard)

✓ Vegetable Frittata
(Egg/Milk/Sulphur Dioxide)

Rice | Seasoned Diced Potatoes |
Green Beans

Wednesday

✓ Lentil Soup
(Celery)

✓ Beef Steak Pie
(Gluten)

✓ Herbie Spaghetti
(Gluten/Mustard/Soya)

Boiled Potatoes | Broccoli

Friday

Chicken and Pasta Soup
(Celery/Gluten/Mustard/Soya)

Breaded Haddock
(Gluten/Fish)

✓ Moroccan Vegetable Tagine
(Celery)

Chips | Cous Cous | Peas

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Options and quality

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produce where possible!

Daily



Glass of
water



Salad
selection



Fresh Fruit or
Cheese & Biscuits



MENU

Week 3 Begins:
13 Nov, 4 Dec, 8 & 29 Jan,
19 Feb, 11 Mar

Monday

Chicken and Rice Broth
(Celery)

Gluten Free Salmon
Fish Fingers
(Fish)

V Philly Chilli Cheese Wrap
(Gluten/Milk)

Potato Wedges |
Seasonal Mixed Vegetables

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produce where possible!

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vegetables and one
portion of fruit daily?

Tuesday

V Lentil, Sweet Potato &
Coconut Soup
(Celery/Sulphur Dioxide)

Chicken Pie
(Celery/Gluten/Milk)

V Tomato and Basil Gnocchi
(Gluten)

Baby Potatoes | Sweetcorn

Thursday

—Meat free day—

V Lentil Soup
(Celery)

V Vegetable Carbonara
(Soya/Gluten/Milk/Mustard)

V Homemade Quorn
Sausage Roll
(Gluten)

Baby Potatoes | Broccoli

Wednesday

V Tomato Soup
(Celery)

Stovies and Oatcakes
(Celery /Gluten)

V Roast Quorn Fillet
with Gravy
(Gluten/Egg/Milk/
Sulphur Dioxide)

Roast Potatoes | Beetroot |
Brussels Sprouts

Friday

V Butternut Squash and Red
Pepper Soup
(Celery)

Breaded Haddock
(Gluten/Fish)

V Chimichangas
(Gluten/Milk/
Sulphur Dioxide)

Chips | Peas

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Options and quality

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produce where possible!

Daily

