



MONDAY



MAIN MEAL	Chicken Enchiladas
VEGGIE MEAL	Vegetable Enchiladas
SIDES	Patatas Bravas & Roasted Carrots
DESSERT	Maryland Cookie (G,mk)

TUESDAY

MAIN MEAL	Beef & Vegetable Pie With Gravy (G)
VEGGIE MEAL	Vegetable Hot Pot (g)
SIDES	Mashed Potato, Broccoli, Carrots
DESSERT	Apple Crumble (G) with Custard (MK)

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roast Chicken With Gravy
VEGGIE MEAL	Cheese & Onion Tart (G,MK,E)
SIDES	Roasted Potatoes, Yorkshire Pudding(MK,G,E), Seasonal Greens
DESSERT	Cherry Cornflake Cake (G,SU)

THURSDAY

MAIN MEAL	Beef Lasagne with Garlic Bread
VEGGIE MEAL	Macaroni & Cheese with Garlic Bread
SIDES	Side Salad & Carrots
DESSERT	Chocolate & Pear Sponge (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegan Burger (G,se)
SIDES	Chips & Baked Beans
DESSERT	Banana Flapjack (G)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1: 2ND SEPT, 23RD SEPT, 14TH OCT, 4TH NOV, 25TH NOV, 16TH DEC



MONDAY

MAIN MEAL	Chicken Tikka Masala
VEGGIE MEAL	Gobi Dhal
SIDES	Boiled Rice, Garlic & Coriander Naan, Broccoli
DESSERT	Chocolate Rice Krispie Cake (G)



TUESDAY

MAIN MEAL	Sweet & Sour Chicken (G,C)
VEGGIE MEAL	Mushroom Chow mien (G,E,SO,c,mu)
SIDES	Boiled Rice, Broccoli, Cauliflower
DESSERT	Apple & Carrot Flapjack (G)

WEDNESDAY

MAIN MEAL	Honey Roast Gammon
VEGGIE MEAL	Cauliflower Cheese (MK,G)
SIDES	Roasted Potatoes, Yorkshire Pudding (MK,G,E), Seasonal Greens
DESSERT	Lemon Drizzle Sponge (G,E)

THURSDAY

MAIN MEAL	Kefta Mkaouara Meatballs
VEGGIE MEAL	Vegetable & Pineapple Kebob
SIDES	Hot Hot Potatoes, Chilli Sweetcorn
DESSERT	Oat Cookie (G)

FRIDAY

MAIN MEAL	Battered Fish (G,F) or Grilled Sausages
VEGGIE MEAL	Vegetable Burrito (G,SO)
SIDES	Chips & Baked Beans
DESSERT	Chocolate & Beetroot Brownie (G,E)

JACKET & PASTA BAR AVAILABLE DAILY
WEEK 2: 9TH SEPT, 30TH SEPT, 21ST OCT, 11TH NOV, 2ND DEC



MONDAY

MAIN MEAL	Korean Chicken Bulgogi
VEGGIE MEAL	Sweet & Sour Vegetables
SIDES	Boiled Rice, Spring Rolls & Carrots
DESSERT	Orange Shortbread Biscuit (G)



TUESDAY

MAIN MEAL	Aloo Beef Keema (g)
VEGGIE MEAL	Jalfrezi Paneer (MK,SU,g)
SIDES	Boiled Rice, Chapati (G), Broccoli, Carrots
DESSERT	Carrot Cake (G,E)

WEDNESDAY

MAIN MEAL	Roast Turkey & Herby Gravy
VEGGIE MEAL	Vegetarian Cottage Pie (SO,g)
SIDES	Roast Potatoes, Yorkshire Pudding(MK,G,E), Roasted Carrots
DESSERT	Chocolate Shortbread (G)

THURSDAY

MAIN MEAL	Chicken Fajita
VEGGIE MEAL	Vegetable Fajita (G,SO)
SIDES	Taco, Tex Mex Wedges, Broccoli
DESSERT	Apple & Parsnip Cake (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegan Goujons & Chips
SIDES	Chips & Baked Beans
DESSERT	Cherry Cookie (G,SU)

JACKET & PASTA BAR AVAILABLE DAILY
WEEK 3: 16TH SEPT, 7TH OCT, 28TH OCT, 18TH NOV, 9TH DEC

Allergen Key: CAPITAL LETTERS = contains, lower case = may contain
 Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F),Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)