

# YOUR MENU THIS WEEK

WEEK ONE

WEEK COMMENCING

30/10/2023 – 20/11/2023- 11/12/2023 –  
02/01/2024 – 22/01/2024 – 04/03/2024 –  
25/03/2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita pizza (gluten, milk, soya, may contain egg) (v)	Butter Chicken with rice (milk)	Sausage toad & gravy (egg, gluten, milk sulphites)	Beef bolognese & pasta (gluten)	Fish fingers (fish, gluten)
MAIN MEAL TWO	Salmon fishcake (fish (salmon) gluten)	Mac n cheese (gluten, milk) (v)	Meatfree mince & Yorkshire (egg, gluten, milk, soya) (vg)	Five bean chilli Nachos (gluten) (v)	Herby lentil flatbread (gluten, milk, soya, may contain egg) (v)
SIDES	Baked potato Wedges Baked beans, Homemade bread (gluten, milk, soya, may contain egg) Salad	Sweetcorn, Tomato & garlic bread (gluten, milk, soya, may contain egg) Salad	Roast potatoes, Winter veg medley, Crusty bread (gluten, may contain soya) Salad	Sweetcorn, green beans, Homemade bread (gluten, milk, soya, may contain egg) Salad	Chips, peas, Homemade bread (gluten, milk, soya, may contain egg) Salad
PUDDINGS	Flapjack with apple (gluten) (vg)	Chocolate biscuit (milk, gluten) (v)	Ice cream (milk) (v)	Sticky apple cake (egg, gluten, milk, soya) (v)	Winter fruit strudel & custard (egg, gluten, milk) (v)

Available daily

Jacket potatoes with beans, cheese (milk), fresh fruit v- vegetarian vg - vegan

\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\*



# YOUR MENU THIS WEEK

WEEK TWO

WEEK COMMENCING

06/11/2023 – 27/11/2023 – 08/01/2024 –  
29/01/2024 – 19/02/2024 – 11/03/2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Veggie enchilada (gluten) (vg)	Chicken meatballs In tomato sauce with pasta (gluten)	Roast gammon & gravy	Chicken curry with rice (may contain gluten)	Battered fish fillet (fish, gluten)
MAIN MEAL TWO	French bread pizza (gluten, milk, may contain soya) (v)	Lentil dhal with rice (may contain gluten) (vg)	Meatfree sausage with gravy (soya) (vg)	Mac n cheese (gluten, milk) (v)	Cheese & onion pasty (gluten, milk)(v)
SIDES	Baked half jacket, coleslaw (egg) peas, Homemade bread (gluten, milk, soya, may contain egg) Salad	Broccoli, Homemade bread (gluten, milk, soya, may contain egg) Salad	Roast potatoes carrots & cabbage Homemade bread (gluten, milk, soya, may contain egg) Salad	Sweetcorn, Tomato & garlic bread (gluten, milk, soya, may contain egg) Salad	Chips, Baked beans, peas, Homemade bread (gluten, milk, soya, may contain egg) Salad
PUDDINGS	Iced sponge (egg, gluten, milk, soya) (v)	Fruit crumble (gluten) & custard (milk) (v)	Raspberry Mousse (milk) (v)	Vanilla cake with peaches (egg, gluten, milk, soya) (v)	Vanilla cookie (gluten) (vg)

Available daily

Jacket potatoes with beans, cheese (milk), fresh fruit v – vegetarian vg – vegan

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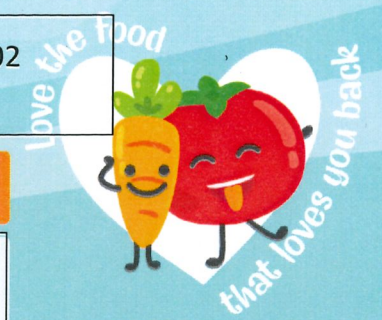


# YOUR MENU THIS WEEK

WEEK THREE

WEEK COMMENCING

13/11/2023 – 04/12/2023 – 15/01/2024 – 05/02/2024 – 26/02/2024 – 18/03/2024 -



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita pizza (gluten, milk, soya, may contain egg) (v)	Creamy chicken & sweetcorn carbonara (gluten, milk)	Minced beef & Yorkshire with gravy (egg, gluten, milk)	Beef burger In a bun (gluten, soya, sulphites, may contain sesame)	Battered fish fillet (fish, gluten)
MAIN MEAL TWO	Bean burger (gluten, may contain sesame) (vg)	Vegetable lasagne (gluten, milk, soya, may contain egg) (v)	Meat free sausage with gravy (soya) (vg)	Veggie pasta bake (gluten) (vg)	Cauliflower cheese (gluten, milk) (v)
SIDES	Baked potato wedges, coleslaw (egg) baked beans, Homemade bread (gluten, milk, soya, may contain egg) Salad	Broccoli Carrots, crusty bread (gluten, may contain soya) Salad	Roast potatoes Winter roots, cabbage Homemade bread (gluten, milk, soya, may contain egg) Salad	Potato salad (egg) Sweetcorn Baked beans, Homemade bread (gluten, milk, soya, may contain egg) Salad	Chips, peas, Homemade bread (gluten, milk, soya, may contain egg) Salad
PUDDINGS	Oat cookie (gluten) (vg)	Iced sponge (egg, gluten, milk, soya) (v)	Yoghurt (milk)	Fruit crumble (gluten) & custard (milk)(v)	Mandarin jelly (v)

Available daily

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