

WEEK  
COMMENCING

5th Jan; 26th Jan  
9th Mar; 30th Mar

# MENU CYCLE WEEK ONE

DAILY OPTIONS  
JACKET POTATOES  
SANDWICHES  
FRUIT, VEGAN JELLY  
SALAD BAR PROVIDED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy battered fish fillet or fish fingers	Beef Bolognese & Pasta	Roast Chicken with Stuffing & Gravy	Mild and creamy chicken and coconut curry	Pepperoni pizza
VEGETARIAN	Quorn sausage & tomato pinwheel	Sweet potato & coconut curry	Cheesy vegetable puff pastry roll	Macaroni Cheese, garlic bread	Classic cheese & tomato pizza
SIDES	Chips	Pasta or Rice	Roast potatoes	Pilau Rice	Tiger Wedges
VEGETABLES	Peas Baked Beans	Cauliflower & broccoli florets	Brussels sprouts Carrots Gravy	Green beans	Baked beans, Sweetcorn
DESSERTS	Apple & blueberry cake	Warm chocolate brownie & custard	Oaty Apple & Pear crumble with custard	Classic old school iced sponge	Jelly

## Food Allergies and Intolerance

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



WEEK  
COMMENCING  
12<sup>th</sup> Jan; 2<sup>nd</sup>  
Feb; 23<sup>rd</sup> Feb;  
16<sup>th</sup> Mar

# MENU CYCLE WEEK TWO

DAILY OPTIONS  
JACKET POTATOES  
SANDWICHES  
FRUIT, VEGAN JELLY  
SALAD BAR PROVIDED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy Battered fish fillet or fish fingers	Cottage Pie with Winter Mash Topping	Roast Chicken, Stuffing & Gravy	Chicken Meatballs, tomato & vegetable sauce & pasta	Pepperoni Pizza
VEGETARIAN	Homemade veggie bean burger	Vegetarian cottage pie	Cheese & Potato Pie	Pasta with fresh vegetable & tomato sauce	Rainbow pepper pizza
SIDES	Chips	New potatoes	Roasted New Potatoes	Garlic Bread	Hand cut seasoned wedges
VEGETABLES	Baked beans, Peas	Carrots	Fresh seasonal Greens	Green beans	Sweetcorn & peas
DESSERTS	Freshly baked vanilla cookie	Chocolate & banana cake with custard	Apple crumble and custard	Apple flapjack	Jelly

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WEEK  
COMMENCING  
19<sup>th</sup> Jan; 9<sup>th</sup> Feb; 2<sup>nd</sup>  
Mar, 23<sup>rd</sup> Mar

# MENU CYCLE WEEK THREE

DAILY OPTIONS  
JACKET POTATOES  
SANDWICHES  
FRUIT, VEGAN JELLY  
SALAD BAR PROVIDED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy battered fish fillet or fish fingers, lemon wedges	Beef chilli & cheese tacos	Roast chicken, stuffing, gravy	Chicken and vegetables in rich gravy	BBQ chicken pizza
VEGETARIAN	Quorn nuggets with homemade tomato sauce	Vegetable chilli tacos	Quorn sausage Toad in the Hole & Gravy	Cheesy bean & roasted vegetable quesadilla	Classic cheese & tomato pizza
SIDES	Chips	Mexican vegetable rice	Thyme roast potatoes	New potatoes	Tiger wedges
VEGETABLES	Peas, baked beans	Broccoli florets	Mashed root veg Green cabbage	Carrots Chef's salad	Sweetcorn
DESSERTS	Chocolate mousse	Carrot cake with custard	Cinnamon apple crumble & custard	Iced fingers	Chocolate shortbread

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