

Core Menu

Week 1	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
Main Meal	Ham Carbonara		Homemade Chicken Tikka Masala		Roast beef Dinner		Homemade Sausage Roll		Omega 3 Fishfinger Wrap	
Vegetarian Option	Homemade Macaroni Cheese		Vegetarian Sausage Plait		Quorn Jambalaya		Leek & Potato Bake		Sweet chilli Quorn Wrap	
Carbohydrate	Garlic Bread		Braised Rice		Roast potatoes		Diced Potato		Seasoned Potato Wedges	
Vegetable/side Dishes	Peas & Sweetcorn		Broccoli & Cauliflower		Garden Peas & Baton Carrots		Homemade Coleslaw		Mixed Salad	
Dessert	Fruity Flapjack		Lemon Shortbread		STICKY TOFFEE Pudding		ICE CREAM CAKE		Chocolate Cake	

Week 2	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
Main Meal	Loaded Burger & Sweet & Sour Crunchy Vegetable		Chilli con carne		Roast turkey Dinner		beef & double		Crispy Batter Fish Fillet	
Vegetarian Option			Cheese Whirls		Quorn Sausage		veg CURRY Masala		veg & potatoes	
Carbohydrate	Diced Potatoes		RICE		Roast Potatoes		Rice		Chipped Potatoes	
Vegetable/side Dishes	Sweetcorn		Mixed Salad		Broccoli & Baton Carrots		Country Mixed Vegetables/ Pickled Beetroot		Baked Beans	
Dessert	ICE CREAM CAKE		Apple, Berry & Pear Crumble		Raspberry Buns		Oatmeal Cookies		Lemon Drizzle Cake	

Week 3	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
Main Meal	Homemade oven Baked Pizza		Locally Sourced Sausage & Gravy		Roast Chicken Dinner		Spaghetti Bolognese		Fish Finger	
Vegetarian Option	Cheesy Corn & Broccoli Parcels		cheesy PASTA		Quorn Fillet Roast Dinner		Tomato & Cheese Pasta		Southern Style Quorn Burger	
Carbohydrate	Seasoned Wedges		Sweet Potato Mash		Roast potatoes		Garlic Bread		Crispy Sliced Potatoes	
Vegetable/side Dishes	Mixed Salad or Baked Beans		Cauliflower & Broccoli		Mashed Carrot & Swede		Green Beans & sweetcorn		Diced Carrots & Garden Peas	
Dessert	Arctic Roll		Carrot Cake		Chocolate & Beetroot Muffin		Sultana & Banana Loaf		Vanilla Ice Cream & Fresh Fruit	