

MENU CYCLE WEEK ONE

5th September - 9th September
26th September - 30th September
17th October - 21st October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Bolognaise	Sausages	Roast Chicken & Stuffing	Chicken & Sweetcorn Pasta Bake	Fish Fingers
VEGETARIAN	Quorn Bolognaise	Quorn Sausages	Quorn fillet & Stuffing	Mac 'n' Cheese	Cheese & Tomato Pizza
STARCHY FOOD	Spaghetti with Garlic Bread	Mashed Potatoes	New Potatoes	Garlic Bread	Chips
VEGETABLES	Peas & Sweetcorn	Green beans & Baked beans	Cauliflower & Peas	Broccoli & Carrots	Mushy Peas or Baked beans
DESSERTS	Blueberry Cake	Apple Flapjack	Rice Krispie Cake	Ice Cream	Iced Cinnamon Muffin
CARBS	Jacket potatoes with Cheese, Baked Beans or Tuna				



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.



MENU CYCLE WEEK TWO

12th September - 16th September
3rd October - 7th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cottage Pie	Tomato & Herb Pasta Bake	Picnic Day	Chicken Meatballs	Battered Fish
VEGETARIAN	Quorn Cottage pie	Tomato & Herb Pasta Bake	Picnic Day	Quorn Balls	Cheese & Tomato Pizza
STARCHY FOOD	Mash Potatoes	Garlic Bread	Tortilla Chips	Spaghetti	Chips
VEGETABLES	Peas & Sweetcorn	Green Beans & Cauliflower	Carrot & Cucumber sticks with dip	Sweetcorn & Peas	Peas & Spaghetti Hoops
DESSERTS	Marble Cake	Strawberry Trifle	Mixed Fruit & Raisin Flapjack	Banana Muffin	Vanilla Shortbread
CARBS	Jacket potatoes, with cheese, beans or tuna				



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.



MENU CYCLE WEEK THREE

19th September - 23rd September
10th October - 14th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy Chicken Wrap	Pizza Selection	Gammon & pineapple	Beef Chilli	Battered Fish
VEGETARIAN	Vegetarian burger wrap	Cheese & tomato pizza	Quorn Fillet	Quorn Chilli	Quorn Battered Sausage
STARCHY FOOD	Herby diced Potatoes	Roasted Wedge Potatoes	Roast Potatoes	Rice & Tortilla chips	Chips
VEGETABLES	Broccoli & Cauliflower	Baked Beans & Sweetcorn	Savoy Cabbage & Carrots	Peas & Sweetcorn	Mushy Peas or Baked Beans
DESSERTS	Chocolate & Strawberry Mousse	Ice Cream	Chocolate shortbread	Oatmeal & Raisin Cookie	Chocolate Orange Brownie
CARBS	Jacket potatoes with cheese, baked beans or tuna				



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.

