

WEEKLY MENU

Weekly menu September & October 2021

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	 SUGARWISE THURSDAY	FRIDAY
Week 1 30 th August 27 th Sept	Quorn Bolognese Twists 1,9 V Sweet Potato & Chick Pea Curry & Rice Vg Cheesy Fusilli 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Chocolate Mousse 7 Mr Nourish Biscuit 1	Sweet & Sour Chicken Cheese & Tomato Wrap Stack 1,7 V Tomato & Bean Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Toffee Apple Pudding 1,9 & Custard 7 Mr Nourish Biscuit 1	Roast Gammon & Gravy Vegan Sausage Roll 1 Vg Broccoli & Cheese Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes, Carrots & Cabbage Strawberry Cheesecake 1,3,7,9,15 Mr Nourish Biscuit 1	Cottage Pie Spanish Omelette 7,9V Tomato Pasta Bake 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Fruit Loaf 1,3,7,9 Yoghurt 7	Fish Fingers 1,8 Baked Bean Burger in a Bun 1,5 Vg Pesto & Spinach Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Banana Bar 1,15 Yoghurt 7
Week 2 6 th Sept 4 th Oct	Margherita Pizza 1,3,7,9 V Chick Pea Biryani Vg Pesto & Bean Fusilli 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Jacket Wedges, Seasonal Vegetables Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1	Barbeque Pork with Rice Vegetable Stir Fry Noodles 1,3,9 V Tomato Bows 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1	Roast Turkey & Gravy Caribbean Pastie 1Vg Cheese & Spring Onion Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes, Carrots & Cabbage Chocolate Brownie 1,9 Mr Nourish Biscuit 1	Penne Bolognese 1 Cauliflower & Potato Cheese 1,7V Tomato & Pea Pasta 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Yoghurt 7	Chicken Bites 1,7 Cheese & Spinach Pinwheel 1,7 V Cheesy Broccoli Penne 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Caramel Cookie 1,7 Yoghurt 7
Week 3 13 th Sept 11 th Oct	Shepherdess Pie 9 V Vegetable Nuggets 1 Vg Tomato & Bean Pasta Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Potato Wedges Seasonal Vegetables	Chicken Pie 1 Butternut Squash & Tomato Risotto 1,7V Cheesy Fusilli 1,7V Jacket Potato with a Choice of Toppings 7,8,9	Roast Pork & Gravy Roast Pepper Tart 1,7,9V Pesto & Pea Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes, Carrots & Cabbage	Beef & Potato Curry Falafel Wrap 1Vg Tomato & Herb Twists 1Vg Jacket Potato with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Bruschetta 1,3,7 V Tomato & Chick Pea Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans
	Sultana Cake 1,9 & Custard 7 Mr Nourish Biscuit 1	Mandarins & Ice Cream 7 Mr Nourish Biscuit 1	Mr Nourish Biscuit 1 Yoghurt 7	Chocolate & Banana Whirl Bun 1,3,7,9 Yoghurt 7	Crispy Cake 7,16 Yoghurt 7
Week 4 20 th Sept 18 th Oct	Macaroni Cheese 1,7 V Rice & Bean Burrito 1Vg Tomato & Herb Fusilli 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges, Seasonal Vegetables Chocolate Sponge 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1	Sausages & Gravy 1,6 Quorn Sausage 1,7,9,16 V Cheesy Pesto Pasta Bake 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potatoes Seasonal Vegetables Yoghurt & Granola 6,7,15 Mr Nourish Biscuit 1	Roast Chicken & Gravy BBQ Pulled Jackfruit in a Bun 1,5 Vg Mediterranean Bows 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes Carrots & Cabbage Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1	Mild Mexican Mince with Rice 4 Vegetable Lasagne 1,7,9 V Cheese & Broccoli Twists 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Yoghurt 7	Salmon Fish Cake 1,8 Margherita Pizza 1,3,7,9 V Tomato & Sweetcorn Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Fruity Flapjack 1,15 Yoghurt 7

KEY:
 Seasonal, Local Fruit & Veg
 Organic Foods
 Vegetarian
 Vegan

Dishes marked with any of the following numbers contain the matching allergen.

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame
 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs
 12 Celeries/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

 Allergen Accreditation

Offered daily: Salad Bar, Homemade bread, Fruit pots, Jelly, and Milk