

MONDAY

MAIN MEAL	Chicken & Vegetable Chow Mein (G,E,SO,C)
VEGGIE/VEGAN	Mushroom Chow Mein (G,E,SO,c,mu) V
SIDES	Sweetcorn Ve
DESSERT	Chocolate Rice Krispie Cake (G) V

TUESDAY

MAIN MEAL	Beef Bolognese with Spaghetti (G)
VEGGIE/VEGAN	Vegan Bolognese (SO,g) with Spaghetti (G) Ve
SIDES	Peas Ve
DESSERT	Carrot Cake (G,E,mk) V

WEDNESDAY

MAIN MEAL	Roast Chicken & Gravy
VEGGIE/VEGAN	Roasted Vegetable & Spinach Wellington (G) & Gravy Ve
SIDES	Roast Potatoes & Seasonal Greens Ve
DESSERT	Vanilla Sponge (G,E) V

THURSDAY

MAIN MEAL	Beef Burrito (G,E,MK,MU)
VEGGIE/VEGAN	Vegetable & Bean Buritto (G) Ve
SIDES	Sweetcorn & Iceberg Salad Ve
DESSERT	Maryland Cookie (G,mk) V

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE/VEGAN	Vegetable Frittata (MK,E,MU) V
SIDES	Chips & Baked Beans Ve
DESSERT	Chocolate & Courgette Sponge (G,E) V

JACKET & PASTA BAR AVAILABLE DAILY

Allergen Key -
CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)



Food Allergies & Intolerances

Before selecting your food, please speak to the Catering Team about your requirements.

Week 1:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July,
28th August, 18th September, 9th October

MONDAY

MAIN MEAL	Jerk Chicken with Jollof Rice (g)
VEGGIE/VEGAN	Vegetable Biryani (C,g) Ve
SIDES	Carrots Ve
DESSERT	Lemon Drizzle Sponge (G,E,mk) V

TUESDAY

MAIN MEAL	Beef Lasagne (G,MK,e)
VEGGIE/VEGAN	Vegetable Lasagne (G,MK,SO,e) V
SIDES	Sweetcorn & Garlic Bread (G,so) Ve
DESSERT	Banana Flapjack (G) Ve

WEDNESDAY

MAIN MEAL	Honey Roast Gammon & Gravy
VEGGIE/VEGAN	Macaroni & Cheese (G,MK) V
SIDES	Roast Potatoes & Seasonal Greens Ve
DESSERT	Orange Shortbread Biscuit (G) Ve

THURSDAY

MAIN MEAL	Chicken Tikka Masala (MU) & Rice
VEGGIE/VEGAN	Vegetable Pasanda (MU) with Rice Ve
SIDES	Broccoli Ve
DESSERT	Chocolate Muffin (G,E,MK) V

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE/VEGAN	Spiced Squash & Spinach Samosa (G) Ve
SIDES	Chips & Baked Beans Ve
DESSERT	Apple & Parsnip Cake (G,E) V

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Food Allergies & Intolerances

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Week 2:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July,
4th September, 25th September, 16th October

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HONESTLY GOOD FOOD

MONDAY

MAIN MEAL	Cumberland Sausage (G,SU) with Mashed Potato & Gravy
VEGGIE/VEGAN	Vegetable & Butterbean Cottage Pie (SO) with Gravy Ve
SIDES	Peas Ve
DESSERT	Apple & Carrot Flapjack (G) Ve

TUESDAY

MAIN MEAL	Beef Chilli (C,g) with Steamed Rice
VEGGIE/VEGAN	Vegetable Chilli (SO,C,g) with Steamed Rice Ve
SIDES	Steamed Carrots Ve
DESSERT	Chocolate & Beetroot Brownie (G,E) V

WEDNESDAY

MAIN MEAL	Sticky Glazed Chicken
VEGGIE/VEGAN	Tomato, Red Onion & Mozzarella Quiche (G,E,MK) V
SIDES	Roast Potatoes & Seasonal Greens Ve
DESSERT	Cherry Cornflake Cake (G,SU) V

THURSDAY

MAIN MEAL	Beef Burger (G,se)
VEGGIE/VEGAN	Vegetable Burger (G,se) Ve
SIDES	Spicy Wedges Ve & Coleslaw (E) V
DESSERT	Berry Crumble Slice (G) Ve

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE/VEGAN	Vegetable Fajita Wrap (G,SO) Ve
SIDES	Chips & Baked Beans Ve
DESSERT	Chocolate Cookie (G,mk) V

JACKET & PASTA BAR AVAILABLE DAILY

Allergen Key -

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Food Allergies & Intolerances

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Week 3:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July,
11th September, 2nd October