



## What's on the menu - week one?

Week Commencing - 6/9/21 - 27/9/21 - 18/10/21 - 1/11/21 - 22/11/21 - 13/12/21 - 3/1/22 - 24/1/22 - 7/2/22 - 28/2/22 - 21/3/22 -

| Week One                   |   | Mor   | Monday  |                        | Tuesday  |                    | Wednesday   |                                     | Thursday  |                            | Friday   |                         |  |
|----------------------------|---|---|---|------------------------|--|--------------------|---|-------------------------------------|---|----------------------------|--|-------------------------|--|
| Option 1<br>VEGETARIAN (V) |   | Creamed<br>Seasonal   | Braised Sausages GF (14)<br>Creamed Potato (7)<br>Seasonal Vegetables<br>Gravy                  |                        | Chicken Burger in<br>a bun (2,4,7)Savoury mince with<br>dumplings (2,4,7) served<br>with Creamed Potato (7)<br>and seasonal vegetablesPotato Wedges<br>Coleslaw (4,9)<br>Beetrootand seasonal vegetables |                    | Roast Tu<br>Roast Pot<br>Yorkshire Pudo<br>Seasonal Ve<br>Grav                                  | atoes,<br>ding (2,4,7)<br>egetables | Fish (2,5)<br>or Fishcake (2,5,13)<br>Chips<br>Peas / Beans<br>Bread and Butter (2,4,7,13)  |                            |  |                         |  |
| Option 2                   |   | (2,1)<br>Creamed<br>Seasonal                                    | (v) Vegetarian Sausages<br>(2,13,14)<br>Creamed Potato (7)<br>Seasonal Vegetables<br>Gravy      |                        | Vegetable<br>Burger in a bun<br>(2,4,7)<br>Potato Wedges<br>Coleslaw (4,9)<br>Beetroot   |                    | Sweet Potato and<br>Bean curry (7,9) served<br>with Rainbow Rice and a<br>Naan Bread (2,4,7)    |                                     | <ul> <li>Quorn Roast Fillet (4,7)<br/>Roast Potatoes,</li> <li>Yorkshire Pudding (2,4,7)<br/>Seasonal Vegetables<br/>Gravy</li> </ul> |                            | <b>(v)</b> Fishless Finger (2,4)<br>Chips<br>Peas / Beans<br>Bread and Butter (2,4,7,13)     |                         |  |
| 0                          | Option 3  |   | Jacket Potato - Various<br>fillings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13) |                        | Jacket Potato -<br>Various fillings<br>(4,5,7,9)<br>OR<br>Assorted<br>Sandwiches<br>(2,4,5,7,9,13)   |                    | Jacket Potato - Various<br>fillings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13) |                                     | Jacket Potato - Various<br>fillings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13)                                       |                            | Jacket Potato - Various fillings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13) |                         |  |
| Dess                       | Dessert choice                                    |   | Chocolate Sponge and<br>Custard<br>(2, 4, 7)  |                        | Apricot Shortcake<br>Cookie (2,4,7)  |                    | Ice Cream (7) or Jelly served with fruit  |                                     | Chocolate and Pear<br>Muffins (2,4,7)   |                            | Friday Favourites (2,4,7)  |                         |  |
| A                          | ssorted sandwich                                  | es and Jacket pota  | toes served   | Yoghur                 | t (7) and Frui<br>Fres   | t are av<br>h Wate | salad to accom<br>vailable daily as<br>er & Milk (7) to d<br>TIONS AVAILA                       | a choice of<br>rink                 | f dessert   | repared Salac              | l Bar & Bread d  | aily (2, 4, 7,13        | 3)   |
|                            |   |   | FRI   | IIT & VE               | GETABLES   |                    | UBJECT TO SE<br><mark>llergens</mark>   | ASONAL \                            | VARIATIONS  |                            |  |                         |  |
| <mark>1</mark><br>Celery   | <mark>2</mark><br>Cereals<br>Containing<br>Gluten | 3.<br>Crustaceans<br>(such as<br>prawns, crabs<br>and lobsters) | <mark>4</mark><br>Eggs  | <mark>5</mark><br>Fish | <mark>6</mark><br>Lupin  | 7<br>Milk          | 8<br>Molluscs<br>(such as<br>mussels)<br>and<br>oysters   | <mark>9</mark><br>Mustard           | 10<br>Nuts  | <mark>11</mark><br>Peanuts | <mark>12</mark><br>Sesame<br>Seeds   | <mark>13</mark><br>Soya | 14<br>Sulphur<br>Dioxide<br>and<br>Sulphites |

## What's on the menu - week two?

 $Week\ Commencing\ -\ 13/9/21\ -\ 4/10/21\ -\ 8/11/21\ -\ 29/11/21\ -\ 10/1/22\ -\ 31/1/22\ -\ 14/2/22\ -\ 7/3/22\ -\ 28/3/22\ -\ 28/3/22\ -\ 14/2/22$ 

| Week Two       |                  | Monday                    | Monday                      |                                    |                             | Wednesday                                    |                             | Thursday                  |                             | Friday                           |                 |                 |
|----------------|------------------|---------------------------|-----------------------------|------------------------------------|-----------------------------|--|-----------------------------|---------------------------|-----------------------------|----------------------------------|-----------------|-----------------|
| Option 1       |                  | Meatballs GF (7,          | Meatballs GF (7,14)         |                                    | A                           | ALL DAY BREAK                                | (FAST                       | Roast Beef                |                             | Fish (2,5)                       |                 |                 |
| -              |                  | Tomato Pasta (2           | Tomato Pasta (2,7)          |                                    |                             | Bacon, Sausag                                | ge (14) Creamed Potato (7)  |                           | otato (7)                   | or Fish fingers (5)              |                 |                 |
|                |                  | Seasonal Vegetat          | Seasonal Vegetables         |                                    | nd                          | Egg omelette                                 | (4,7)                       | Roast Potatoes,           |                             | Chips                            |                 |                 |
|                |                  | _                         |                             | a Naan Bread                       |                             |  |                             | Yorkshire Pudding (2,4,7) |                             | Peas / Beans                     |                 |                 |
|                |                  |                           |                             |                                    |                             | Hash Brown                                   | n (14) Season               |                           | getables                    | Bread and Butter (2,4,7,1        |                 | 4,7,13)         |
| VEGE           | ETARIAN (V)      |                           |                             |                                    |                             |  |                             | Gravy                     |                             |                                  |                 |                 |
| 0              | ption 2          | (V) Vegetarian Mea        | atballs                     | (V) Crispy Goujo                   | ns                          | VEGETARIAN ALL DAY                           |                             | 🙌 Roast Quorn Fillet      |                             | Fishless Finger (2,4,7)          |                 |                 |
|                | •                | (2,13)                    | (2,4)<br>In a Tortilla Wrap |                                    | BREAKFAST<br>(V) Vegetarian |  | (4,7)<br>Creamed Potato (7) |                           | Chips<br>Peas / Baked Beans |                                  |                 |                 |
|                |                  | Tomato Pasta (2           |                             |                                    |                             |  |                             |                           |                             |                                  |                 |                 |
|                |                  | Seasonal Vegetat          | les                         | (2)                                |                             | Sausages (2,13,14)                           |                             | Roast Potatoes            |                             | Bread and Butter(2,4,7,13)       |                 |                 |
|                |                  |                           |                             | Potato Wedges                      | 5                           | Egg Omelette (4,7) Yorkshire Pudding (2,4,7) |                             |                           |                             |                                  |                 |                 |
|                |                  |                           |                             | side salad                         |                             | Tomatoes and Beans                           |                             | Seasonal Vegetables       |                             |                                  |                 |                 |
|                |                  |                           |                             |                                    |                             | Hash Brown (14)                              |                             | Gravy                     |                             |                                  |                 |                 |
| 0              | ption 3          | Jacket Potato - Various   |                             | Jacket Potato -<br>Various Topping |                             | Jacket Potato -                              |                             |                           |                             | Jacket Potato - Various Toppings |                 |                 |
|                | •                |                           | Toppings (4,5,7,9)          |                                    | js                          | Toppings                                     |                             | Toppings                  |                             | (4,5,7,9)                        |                 |                 |
|                |                  | OR                        |                             | (4,5,7,9)                          |                             | (4,5,7,9)                                    |                             | (4,5,7,9)                 |                             | OR                               |                 |                 |
|                |                  | Assorted Sandwic          | hes                         | OR Assorted                        |                             | OR   |                             | OR                        |                             | Assorted Sandwiches              |                 | hes             |
|                |                  | (2,4,5,7,9,13)            |                             | Sandwiches                         |                             | Assorted Sand                                |                             | Assorted Sa               |                             | (2                               | 2,4,5,7,9,13)   |                 |
|                |                  |                           |                             | (2,4,5,7,9,13)                     |                             | (2,4,5,7,9,13)                               |                             | (2,4,5,7,9,13)            |                             |                                  |                 |                 |
| Dess           | sert choice      | Chocolate Crunch (2       |                             | Iced Mandarin                      |                             | Ginger Sponge                                |                             | Chocolate an              |                             | Friday                           | Favourites (2   | 2,4,7)          |
|                | and              |                           |                             | Muffins (2,4,7)                    |                             | and Custard                                  |                             | Muffins (                 |                             |                                  |                 |                 |
| A              | ssorted sandwich | es and Jacket potatoes se |                             | ghurt (7) and Fruit                | are av                      | vailable daily as                            | a choice of                 |                           | orepared Salac              | d Bar & Bread d                  | aily (2, 4, 7,1 | 3)              |
|                |                  |                           |                             | Fresh                              | 1 vvate                     | er & Milk(7) to dr                           | INK                         |                           |                             |                                  |                 |                 |
|                |                  |                           |                             | GLUTEN FRE                         | EOP                         | TIONS AVAILA                                 | BLE DAIL                    | <u>Y</u>                  |                             |                                  |                 |                 |
|                |                  |                           | FRUIT                       | & VEGETABLES                       | ARE S                       | SUBJECT TO SE                                | EASONAL                     | VARIATION                 |                             |                                  |                 |                 |
|                |                  |                           |                             |                                    | Al                          | <mark>llergens</mark>                        |                             |                           |                             |                                  |                 |                 |
| <mark>1</mark> | 2                | <mark>3.</mark> 4         |                             | <b>-</b>   <b>-</b>                | 7                           | 8  | <mark>9</mark>              | <mark>10</mark>           | <mark>11</mark>             | <mark>12</mark>                  | <mark>13</mark> | <mark>14</mark> |
| Celery         | Cereals          | Crustaceans Egg           | s Fi                        | sh Lupin                           | Milk                        | Molluscs                                     | Mustard                     | l Nuts                    | Peanuts                     | Sesame                           | Soya            | Sulphur         |
| 2              | Containing       | (such as                  |                             |                                    |                             |  |                             |                           |                             | Seeds                            | ,               | Dioxide         |
|                | Gluten           | prawns, crabs             |                             |                                    |                             | (such as                                     |                             |                           |                             |                                  |                 | and             |
|                | Cidtoiri         | and lobsters)             |                             |                                    |                             | mussels)                                     |                             |                           |                             |                                  |                 | Sulphites       |
|                |                  |                           |                             |                                    |                             | and  |                             |                           |                             |                                  |                 | Cupines         |
|                |                  |                           |                             |                                    |                             | oysters                                      |                             |                           |                             |                                  |                 |                 |

## What's on the menu - week three?

Week Commencing - 20/9/21 - 11/10/21 - 15/11/21 - 6/12/21 - 17/1/22 - 14/3/22 - 4/4/21

| Week Three                 |                                      | Mor   |   |                        | Tuesday  |                      | Wednesday   |                           | Thurs  | day                        | Friday   |                         |  |
|----------------------------|--------------------------------------|---|---|------------------------|--|----------------------|---|---------------------------|--|----------------------------|--|-------------------------|--|
| Option 1<br>VEGETARIAN (V) |                                      | Potato  | Assorted Pizza (2,5,4,7)<br>Potato Wedges<br>Peas and Sweetcorn                                   |                        | asta Pomodo<br>(2,7)<br>Seasonal<br>Vegetables<br>Garlic Bread<br>(2,4,7)                            |                      | Burger in a Bun (2,4,7)<br>Potato Wedges<br>Coleslaw (4,9)<br>Side Salad                          |                           | Roast Chicken or Turkey<br>Roast Potatoes<br>Yorkshire Pudding (2,4,7)<br>Seasonal Vegetables<br>Gravy         |                            | Fish (2,5)<br>OR Fish Star (2,5)<br>Chips<br>Peas and Beans<br>Bread and Butter (2,4,7,13)     |                         |  |
| Option 2                   |                                      | Pizza<br>Potato   | Cheese and Tomato<br>Pizza (2,4,7)<br>Potato Wedges<br>Peas and Sweetcorn                         |                        | Cheese and<br>Leek Pasta Bake<br>(1,2,7)<br>Seasonal<br>Vegetables<br>Garlic Bread<br>(2,4,7)        |                      | Vegetable Burger in<br>a Bun (2,4,7)<br>Potato Wedges<br>Coleslaw (4,9)<br>Side Salad             |                           | (V) Roast Quorn Fillet<br>(4,7)<br>Roast Potatoes<br>Yorkshire Pudding (2,4,7)<br>Seasonal Vegetables<br>Gravy |                            | (V) Fishless Finger (2,4,7)<br>Chips<br>Peas and Beans<br>Bread and Butter (2,4,7,13)          |                         |  |
| C                          | Option 3                             |   | Jacket Potatoes - Various<br>Toppings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13) |                        | Jacket Potatoes -<br>Various Toppings<br>(4,5,7,9)<br>OR<br>Assorted<br>Sandwiches<br>(2,4,5,7,9,13) |                      | Jacket Potatoes -<br>Various Toppings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13) |                           | Jacket Potatoes - Various<br>Toppings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13)              |                            | Jacket Potatoes - Various Toppings<br>(4,5,7,9)<br>OR<br>Assorted Sandwiches<br>(2,4,5,7,9,13) |                         |  |
| Dess                       | Dessert choice                       |   | Chocolate Crackle & Custard<br>(2,4,7)  |                        | Fruity Flapjack<br>Finger (2,7)  |                      | Lemon Drizzle Cake and<br>Custard (2,4,7)   |                           | Chocolate or Strawberry<br>Swirl Mousse<br>(7)   |                            | Friday Favourites (2,4,7)  |                         | 2,4,7)                                       |
| As                         | sorted sandwiche                     | s and Jacket potato   |   | Yoghur                 | t (7) and Fru<br>Fres  | it are av<br>sh Wate | or salad to accol<br>vailable daily as<br>er & Milk (7) to d<br>TIONS AVAILA                      | a choice of<br>rink       | dessert  | prepared Sala              | ad Bar & Bread   | daily (2, 4, 7,         | 13)  |
|                            |                                      |   | FRU   | IT & VE                | EGETABLES  |                      | UBJECT TO SE<br><mark>llergens</mark>   | ASONAL V                  | ARIATIONS  |                            |  |                         |  |
| <mark>1</mark><br>Celery   | 2<br>Cereals<br>Containing<br>Gluten | 3.<br>Crustaceans<br>(such as<br>prawns, crabs<br>and lobsters) | <mark>4</mark><br>Eggs  | <mark>5</mark><br>Fish | <mark>6</mark><br>Lupin  | 7<br>Milk            | 8<br>Molluscs<br>(such as<br>mussels)<br>and<br>oysters   | <mark>9</mark><br>Mustard | 10<br>Nuts   | <mark>11</mark><br>Peanuts | <mark>12</mark><br>Sesame<br>Seeds   | <mark>13</mark><br>Soya | 14<br>Sulphur<br>Dioxide<br>and<br>Sulphites |