

WEEKLY MENU

JANUARY, FEBRUARY, MARCH & APRIL 2020

WEEK 1 - 6TH JANUARY, 27TH JANUARY, 24TH FEBRUARY & 16TH MARCH

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| <p>MEAT FREE MONDAY</p> <p>INDIAN</p> <p>CHICK PEA & CAULIFLOWER TIKKA MASALA WITH RICE & NAAN BREAD 1.67 V</p> <p>FALAFEL WRAP 1.6 Vg</p> <p>TOMATO & CHEESE PASTA BAKE 1.7 V</p> <p>GREEN BEANS & CARROTS</p> <p>BANOFFEE PIE POTS 1.715</p> | <p>TUESDAY</p> <p>CHINESE</p> <p>CHAR SUI PORK & NOODLES 1.6, 9, 16</p> <p>VEGAN SAUSAGE ROLL WITH SEASONED WEDGES 1 Vg</p> <p>CHICKEN & PESTO PASTA 1.7</p> <p>CAULIFLOWER & PEAS</p> <p>TOFFEE APPLE CAKE 1.9 & CUSTARD 7</p> | <p>WEDNESDAY</p> <p>BRITISH</p> <p>ROAST GAMMON & GRAVY</p> <p>QUORN TOAD IN THE HOLE 1.23 V</p> <p>ROAST GAMMON BAP 1</p> <p>RUSTIC ROAST POTATOES SEASONAL VEGETABLES</p> <p>LEMON DRIZZLE CAKE 1.3</p> | <p>THURSDAY</p> <p>GREEK</p> <p>CHICKEN SOUVLAKI</p> <p>VEGETABLE SPAGHETTI BOLOGNESE 1 Vg</p> <p>BBQ CHICKEN WINGS WITH SWEET POTATO WEDGES</p> <p>FLAT BREAD 1.7</p> <p>SWEETCORN & PEPPERS</p> <p>CHOCOLATE SPONGE & CHOCOLATE SAUCE 1.29</p> | <p>FRIDAY</p> <p>BRITISH</p> <p>BATTERED FISH 1.4, 2.8</p> <p>CHEESE & ONION QUICHE 1.29 V</p> <p>SAUSAGE 1.6</p> <p>CHIPS BAKED BEANS PEAS</p> <p>CARAMEL COOKIE 1.7</p> |
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WEEK 2 - 13TH JANUARY, 3RD FEBRUARY, 2ND MARCH & 23RD MARCH

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| <p>MEAT FREE MONDAY</p> <p>MEXICAN</p> <p>BEAN CHILLI BURRITO 1.7 V</p> <p>QUORN HOTDOG 1.5, 7.9 V</p> <p>VEGETABLE MEATBALLS & PASTA 1 Vg</p> <p>SWEETCORN COLESLAW 9</p> <p>RICE PUDDING & JAM 6.7</p> | <p>TUESDAY</p> <p>PORTUGUESE</p> <p>PERI PERI CHICKEN & RICE 4</p> <p>BEEF STEW & DUMPLING 1</p> <p>PEA & PESTO PASTA 1.7 V</p> <p>PEAS CARROTS</p> <p>GINGER PUDDING 1.9 & CUSTARD 7</p> | <p>WEDNESDAY</p> <p>BRITISH</p> <p>ROAST PORK & GRAVY</p> <p>QUORNISH PASTY 1.9 V</p> <p>ROAST PORK BAP 1.5</p> <p>RUSTIC ROAST POTATOES CABBAGE, BAKED BEANS</p> <p>WINTER CRUMBLE 1 & CUSTARD 7</p> | <p>THURSDAY</p> <p>ITALIAN</p> <p>BEEF LASAGNE & GARLIC BREAD 1.7</p> <p>BREAKFAST WRAP & HASH BROWN 1.6, 9</p> <p>SINGAPORE NOODLES 1.3, 16 V</p> <p>SEASONAL VEGETABLES</p> <p>DUTCH APPLE WHIRL 1 & CUSTARD 7</p> | <p>FRIDAY</p> <p>BRITISH</p> <p>BATTERED FISH 1.4, 2.8</p> <p>VEGETABLE WELLINGTON 1 Vg</p> <p>CHICKEN GOUJONS 1.7</p> <p>CHIPS BAKED BEANS PEAS</p> <p>FLAPJACK 1.15</p> |
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WEEK 3 - 20TH JANUARY, 10TH FEBRUARY, 9TH MARCH & 30TH MARCH

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| <p>MEAT FREE MONDAY</p> <p>AMERICAN</p> <p>MAC N CHEESE 1.7 V</p> <p>VEGETABLE BURGER IN A BUN WITH WEDGES 1.5 Vg</p> <p>QUORN COWBOY PIE 1.6, 2.9 V</p> <p>SWEETCORN</p> <p>PEACH PIE 1 & CUSTARD 7</p> | <p>TUESDAY</p> <p>INDIAN</p> <p>BEEF MADRAS & NAAN BREAD 1.7</p> <p>VEGETABLE SAMOSA 1</p> <p>CHICKEN FAJITA 1</p> <p>RICE CAULIFLOWER, CARROTS</p> <p>JAM TART 1.6 & CUSTARD 7</p> | <p>WEDNESDAY</p> <p>WEST AFRICA</p> <p>ROAST CHICKEN DRUMSTICKS</p> <p>MEATBALL SUB 1.5</p> <p>CHEESE & CAULIFLOWER FUSILLI 1.7 V</p> <p>RUSTIC ROAST POTATOES OR JOLLOF RICE 4.6 BROCCOLI, SLICED CARROTS</p> <p>KRISPY CAKE 1.7, 16</p> | <p>THURSDAY</p> <p>GERMAN</p> <p>PORK SCHNITZEL 1.9</p> <p>CAJUN STACK WRAP 1.7 V</p> <p>SAUSAGES & ONION GRAVY</p> <p>MASHED POTATO SEASONAL VEGETABLES</p> <p>CHOCOLATE BROWNIE 1.7, 9</p> | <p>FRIDAY</p> <p>BRITISH</p> <p>BATTERED FISH 1.4, 2.8</p> <p>SAUSAGE ROLL 1.3, 6.7</p> <p>SWEET PEPPER & BEAN WRAP</p> <p>CHIPS, PEAS BAKED BEANS</p> <p>OATY COOKIE 1</p> |
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AVAILABLE DAILY, FRESHLY MADE PANINIS, BAGUETTES, SANDWICHES, WRAPS & JACKET POTATOES & FOR DESSERT, HOMEMADE COOKIES, CAKES, FRUIT & YOGHURT

KEY:
V Vegetarian Vg 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. CELERIAC/CELERY 13. NUTS 14. LUPINS 15. OAT GLUTEN 16. BARLEY GLUTEN

Allergen
Accreditation

SOME OF OUR SCHOOLS MAY USE PRE PREPARED POTATOES OR VEGETABLES ON OCCASIONS.
THESE MAY CONTAIN SULPHITES AND CELERIAC. PLEASE DISCUSS WITH YOUR MANAGER.
HOMEMADE BREAD 1.3, 2.9 AND A SELECTION OF SALADS 9 AVAILABLE DAILY.