

WEEKLY MENU

AUG 20 TO FEB 21

WEEK 1 - 31ST AUG, 28TH SEPT, 2ND NOV, 30TH NOV, 11TH JAN & 8TH FEB

MONDAY
CHINESE
CHILLI & GINGER QUORN WITH STICKY RICE 1.3,7,9,16 V
FALALFEL WRAP 1 V6
TOMATO & BEAN PASTA BOWS 1 V6
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
SWEETCORN, PEPPERS
PEACH SPONGE 1,9 & CUSTARD 7

TUESDAY
GREEK
CHICKEN GYRO IN PITTA 1,9
SPINACH & FETA FILO PARCEL 1,7 V
SWEET CHILLI STIR FRY NOODLES 1,9 V
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
COUS COUS 1 MEDITERRANEAN ROASTED VEGETABLES TRIFLE 1,7,9

WEDNESDAY
BRITISH
ROAST PORK & GRAVY
PESTO & QUORN STRIP PASTA 1,7 V
ROAST PORK BAP 1,5
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
RUSTIC ROAST POTATOES BROCCOLI, CARROTS
MANDARIN DRIZZLE CAKE 1,9

THURSDAY
INDIAN
CHICKEN & COCONUT KORMA 6,7
GLAMORGAN STYLE VEGETABLE SAUSAGE WITH WEDGES 1,4,7 V
CHEESY PASTA BAKE 1,7 V
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
RICE, CARROTS, GREEN BEANS
CHOCOLATE PASTRY TWIST 1,7

FRIDAY
BRITISH
BATTERED FISH 1,4,7,8
FRITTATA 7,9 V
CHICKEN GOUJONS 1
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
CHIPS BAKED BEANS PEAS
APRICOT COOKIE 1,8,15

WEEK 2 - 7TH SEPT, 5TH OCT, 9TH NOV, 7TH DEC & 18TH JAN

MONDAY
AMERICAN
MAC N CHEESE 1,7 V
SWEET CHILLI VEGETABLE WRAP 1 V6
VEG BURGER IN A BUN 1,5 V
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
BAKED WEDGES, SWEETCORN SLICED CARROTS
ETON MESS 7,9

TUESDAY
JAPANESE
TERIYAKI PORK NOODLE STIR FRY 1,3,9,16
BARBEQUE CHICKEN WINGS
PESTO & PEA PASTA 1,7 V
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
CAULIFLOWER, CARROTS
CHOCOLATE SPONGE & CHOCOLATE SAUCE 1,7,9

WEDNESDAY
ITALIAN
GARLIC AND HERB CHICKEN DRUMSTICKS
ARRABBIATA FARFALLE 1,4 V6
ROAST PEPPER & BEANIE PARCEL 1 V6
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
RUSTIC ROAST POTATOES SEASONAL VEGETABLES
CRISPIE CAKE 7,16

THURSDAY
MEXICAN
CHILLI CON CARNE 4
CHEESE & SPRING ONION PENNE 1,7 V
BREAKFAST WRAP & HASH BROWN 1,8,9
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
RICE, BROCCOLI, CARROTS
JELLY

FRIDAY
BRITISH
BATTERED FISH 1,4,7,8
SAUSAGE ROLL 1,8
TOMATO & SWEETCORN TWISTS 1 V6
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
CHIPS PEAS BEANS
FRUITY FLAPJACK 1,15

WEEK 3 - 14TH SEPT, 12TH OCT, 16TH NOV, 14TH DEC & 25TH JAN

MONDAY
ASIAN
BLACK BEAN WRAP 1,3,12 V6
CHEESY PESTO PASTA 1,7 V
VEGAN SAUSAGE ROLL 1,16 V6
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
MASHED POTATO CARROTS GREEN BEANS
BERRY CHEESECAKE 1,3,7

TUESDAY
FRENCH
CHICKEN CORDON BLEU BAKE 1,7
TOMATO & BEAN PENNE 1 V6
SAUSAGE & BEAN TURNOVER 1,8
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
SAUTE POTATOES PEAS, SWEETCORN
CHOCOLATE RICE PUDDING 7

WEDNESDAY
IRISH
ROAST GAMMON & GRAVY
BROCCOLI & CAULI CHEESE 1,7 V
ROAST GAMMON BAP 1,5
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
RUSTIC ROAST POTATOES OR COLCANNON
DICED CARROTS, CABBAGE
FRUIT JELLY

THURSDAY
AMERICAN
BARBEQUE RANCH PIE
CHILLI BEAN TORTILLA 1,4 V6
DAN DAN TURKEY NOODLES 1,7,9
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
SEASONAL VEGETABLES
SULTANA SPONGE & CUSTARD 1,7,9

FRIDAY
BRITISH
BATTERED FISH 1,4,7,8
CHEESE & ONION QUICHE 1,7,9 V
BURGER IN A BUN 1,5
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
CHIPS, PEAS BAKED BEANS
OATY BISCUIT 1,15

WEEK 4 - 21ST SEPT, 19TH OCT, 23RD NOV, 4TH JAN, 1ST FEB

MONDAY
INDIAN
SPINACH & CHICK PEA BALTI WITH RICE & NAAN BREAD 1,7
QUORN HOT DOG WITH WEDGES 1,5,7,9,18 V
PESTO & BEAN FUSILLI 1,7 V
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
SWEETCORN, CAULIFLOWER
STRAWBERRY WHIP 7

TUESDAY
SPANISH
SAUSAGE AND CHORIZO PAELLA 1,8
HERBY TOMATO BOWS 1 V6
CHICKEN STEW & HERBY DUMPLING 1
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
GREEN BEANS, PEAS
APPLE CRUMBLE 1 & CUSTARD 7

WEDNESDAY
BRITISH
ROAST CHICKEN & GRAVY
CHEESE & SPRING ONION PASTA 1,7 V
ROAST CHICKEN BAP 1,5
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
RUSTIC ROAST POTATOES BROCCOLI, CARROTS
FRUIT JELLY

THURSDAY
ITALIAN
BOLOGNESE FUSILLI WITH GARLIC BREAD 1,3,7,9
RICE & BEAN BURRITO 1 V6
HONEY GLAZED CHICKEN WINGS 4
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
MEDITERRANEAN VEGETABLES
LEMON DRIZZLE CAKE 1,9

FRIDAY
BRITISH
BATTERED FISH 1,4,7,8
SWEET POTATO DAHL PARCEL 1 V6
PORK SAUSAGE 1,8
JACKET POTATO WITH A CHOICE OF TOPPING 7,8,9
CHIPS, BAKED BEANS PEAS
GINGER COOKIE 1,15

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AVAILABLE DAILY: FRESHLY MADE PANINIS, BAGUETTES, SANDWICHES, WRAPS & JACKET POTATOES AND FOR DESSERT, HOMEMADE COOKIES, CAKES, FRUIT & YOGHURT

SOME OF OUR SCHOOLS MAY USE PRE PREPPED POTATOES OR VEGETABLES ON OCCASIONS. THESE MAY CONTAIN SULPHITES AND CELERIAC. PLEASE DISCUSS WITH YOUR MANAGER. HOMEMADE BREAD 1,3,7,9 AND A SELECTION OF SALADS 9 AVAILABLE DAILY.

KEY: V6 VEGAN
V VEGETARIAN

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

