

SUMMER MENU – WEEK ONE

Allergen information: C (Celery); D (Dairy); E (Egg), F (Fish), G (Gluten); S (Soya);
Su (Sulphites)

Weeks beginning: 6/9; 20/9; 4/10 & 18/10

MONDAY

Main meal: Jacket Potato with a choice of topping
Sides: Homemade Crusty Bread Roll (**G,D**), Mixed Salad Choice
Option B: Ham baguette (**G,D**)
Dessert: Yogurt (**D**) & Fresh Fruit

LITE-BITE TUESDAY

Main meal: Meatball Sub Roll (**S, G, C**)
Vegetarian Meatball Sub Roll (**S, G**)
Sides: Mixed Salad Choice
Option B: Jacket potato with Cheese (**D**)
Dessert: Jelly & Ice-cream (**D**)

ROAST WEDNESDAY

Main meal: Roast Chicken with Sage & Onion Stuffing (**G**)
Quorn Fillet (**G, D**) with Sage & Onion Stuffing (**G**)
Sides: Roast Potatoes, Yorkshire pudding (**D, E, G**), Carrots & Shredded
Cabbage
Option B: Tuna (**F, D, E**) baguette (**G**)
Dessert: Shortbread Biscuit (**D, G**)

THURSDAY

Main Meal: Chicken Bites (**G**)
Quorn Dippers (**D, E, G**)
Sides: Smilie Faces, Baked Beans & Mixed Salad Choice
Option B: Jacket potato and Beans (with optional cheese (**D**))
Dessert: Fruit Platter

FRIDAY

Main Meal: Omega 3 Fish Fingers (**F, G**)
Vegetarian Sausages (**G, D, E**)
Sides: Chips, Sweetcorn or Peas, Mixed Salad Choice
Option B: Macaroni Cheese (**G, D**)
Dessert: Chocolate Cake (**G, D, E**) with Chocolate Custard (**D**)

Our Salad Bar will be available with Option B choices
(Please note the following items for allergens: mini rolls (**G**); Coleslaw (**D, E**); Pasta (**G&D**))



SUMMER MENU – WEEK TWO

Allergen information: C (Celery); D (Dairy); E (Egg); F (Fish), G (Gluten); S (Soya);
Su (Sulphites)

Weeks beginning: 13/9; 27/9 & 11/10

MONDAY

Main Meal: Pizza (*G, D*)

Sides: Pasta (*G*), Sweetcorn & Mixed Salad Choice

Option B: Tomato Pasta (*G*) bowl

Dessert: Peaches & Ice-cream (*D*)

LITE-BITE TUESDAY

Main Meal: Breaded Chicken Fillet Wrap (*G*) served with Lettuce & optional mayo (*D, E*)

Southern Quorn Burger Wrap (*D, G*) served with Lettuce & optional mayo (*D, E*)

Sides: Savoury Rice & Mixed Salad choice

Option B: Jacket Potato with Cheese (*D*)

Dessert: Iced Sponge (*D, E, G*)

ROAST WEDNESDAY

Main Meal: Roast Chicken with Sage & Onion Stuffing (*G*)

Quorn Fillet (*D, G*) with Sage & Onion Stuffing (*G*)

Sides: Roast Potatoes, Yorkshire pudding (*D, E, G*), Green Beans, Carrots & optional gravy

Option B: Ham baguette (*G*)

Dessert: 100% Fruit Lolly

THURSDAY

Main Meal: Butchers Sausages (*G, Su*) with optional gravy

Vegetarian Sausages (*D, E, G*)

Sides: Mashed Potato (*D*), Peas & Cauliflower

Option B: Jacket potato with Beans (with optional cheese (*D*))

Dessert: Syrup & Cornflake Tart (*D, G*) with Custard (*D*)

FRIDAY

Main Meal: Harry Ramsden Seaside Fish Fillet (*F, G*)

Vegetarian Nuggets (*G*)

Sides: Chips, Baked Beans & Sweetcorn

Option B: Tuna (*D, E, F*) baguette (*G*)

Dessert: Fruit Platter

Our Salad Bar will be available with Option B choices
(Please note the following items for allergens: mini rolls (*G*); Coleslaw (*D, E*); Pasta (*G&D*))

