



Spring 2024 – Week 1

This week's menu



Monday

PLANT POWER

Hidden Vegetable Tomato & Basil bake Finished with Pulled Mozzarella & Crispy Basil (V)

(WHEAT)(MILK)

Aubergine, Courgette & Pepper Frittata

(EGGS)(MILK)

Cauliflower & Broccoli

Fruit Yoghurt with Granola Crumb

(WHEAT)(MILK)



Tuesday

Wow Butter Satay Chicken with Chop Suey Noodles

(WHEAT)(SOYA)

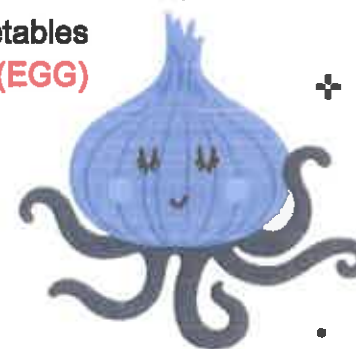
Sweet Potato & Chickpea Kofta

with Cauliflower Cous Cous (v) (MILK)

Chop Suey Noodles

Zero-Waste Wok-Style Vegetables

Lemon Iced Cake (WHEAT)(EGG)



Wednesday

Taco Time

Slow Cooked Mexican Pork Shoulder Taco,

Watermelon Salsa & Pea Guacamole

(WHEAT)(CELERY)(MUSTARD)

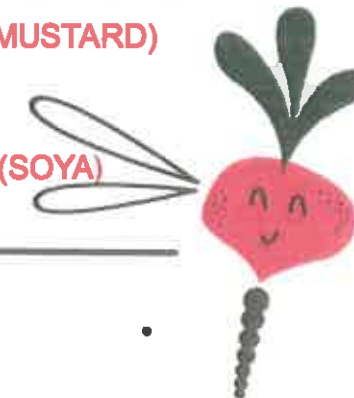
Five Bean Chilli Taco, Watermelon Salsa & Pea

Guacamole (WHEAT)(CELERY)(MUSTARD)

Mexican Dirty Rice (MUSTARD)

Cajun Spice Corn (MUSTARD)

Mango Cheesecake (WHEAT)(MILK)(SOYA)



Thursday

Roasted Beef Topside with Yorkshire and Gravy

(WHEAT)(MILK)(EGGS)

Butternut Squash & Cheddar Wellington

(MILK)(WHEAT)

Zero-Waste Roast Potatoes

Spring Greens

Honey Glazed Parsnips

Chocolate Chip Cookie

(WHEAT)(MILK)(SOYA)



Friday

Traditional Fish & Chips

Baked Battered Cod (WHEAT)(FISH)

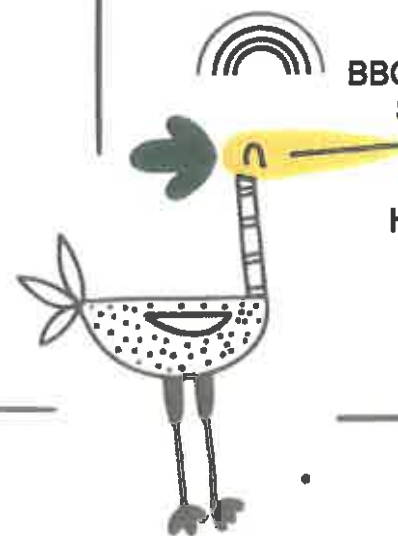
BBQ Jackfruit, Red Onions & Peppers Wrap with

Sour Cream (WHEAT)(MUSTARD)(MILK)

Oven Roasted Chips

Peas and Carrots

Homemade Coconut Shortbread (WHEAT)



Every day

Seasonal Soup of the Day with Croutons

Home-Baked Bread (WHEAT)

Jacket Potatoes

Baked Beans

Pasta with Tomato & Basil Sauce (WHEAT)

Grated Cheese (MILK)

Tuna Mayo

Grilled Chicken

Fresh Fruit

Free-From Alternatives



For those with special dietary requirements or allergies who may wish to know more about the food ingredients used, please ask the Chef Manager



Spring 2024 – Week 2

CH
& CO

This week's menu

Monday

PLANT POWER

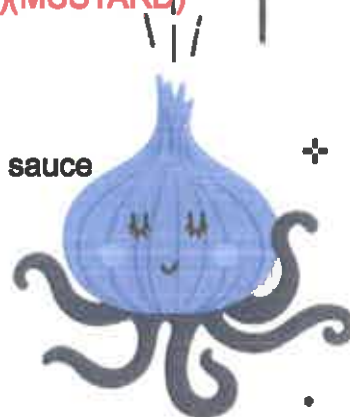
Roasted Cauliflower with Cheesy Pasta Bake
(WHEAT)(MILK)
Roasted Vegetable Pesto Gnocchi (MILK)(WHEAT)
Garlic Bread (WHEAT)
Green Beans
Mixed Berry Yoghurt with Granola Crumb
(WHEAT)(MILK)



Tuesday

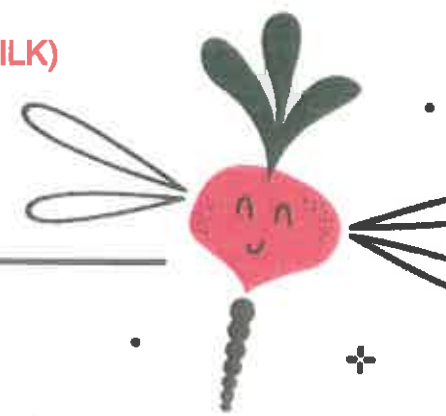
Bangers and Mash

Classic Pork Sausages (WHEAT)(SULPHITES)
Gluten Free Sausage (SULPHITES)
Glamorgan Sausages (WHEAT)(MILK)(MUSTARD)
Peas and Sweetcorn
Mash Potatoes
Gravy
Chocolate Cake with Chocolate sauce
(WHEAT)(MILK)(EGGS)



Wednesday

Red Tractor Chicken, Chickpea, Tomato & Kale
Stew (CELERY)
Lentil, Bean & Vegetable Stew (CELERY)
Baby Potatoes
Roasted Carrots,
Raspberry Mousse (MILK)



Thursday

Lamb Moussaka (CELERY)(MILK)
Jumbo Vegetable Spring Roll with Sweet Chilli
Sauce (CELERY)(WHEAT)(MUSTARD)
Garlic & Herb Potatoes
Greek Salad, (MILK)
Berry Pavlova (MILK)(EGGS)



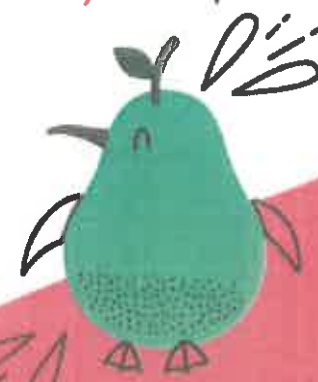
Friday

Southern Fried Chicken Goujons (WHEAT)(CELERY)
Thai Green Curry with sautéed vegetables with
Steamed Brown Rice (CELERY)
Peas and Carrots
Oven baked Chips
Homemade Chocolate Muffins
(WHEAT)(MILK)(SOYA)



Every day

Seasonal Soup of the Day with Croutons
Home baked Bread (WHEAT)
Jacket Potatoes
Baked Beans
Pasta with Tomato & Basil Sauce (WHEAT)
Grated Cheese (MILK)
Tuna Mayo
Grilled Chicken
Fresh Fruit
Free-From Alternatives



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Spring 2024 – Week 3 ✦

CH
&O

This week's menu

Monday

PLANT POWER

Sun-Dried Tomato & Roasted Vegetables (WHEAT)
Goats Cheese & Caramelised Onion Chutney Tart
(MILK)(WHEAT)(EGGS)
Garlic Bread (WHEAT)
Spaghetti Pasta (WHEAT)
Sweetcorn & Carrots
Mixed Berry Yoghurt with Granola Crumb
(WHEAT)(MILK)



Tuesday

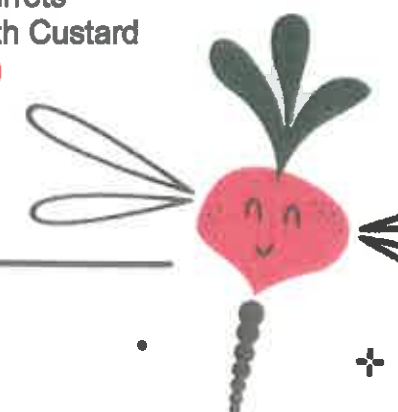
Taste of Asia

Vietnamese Style Beef, Broccoli & Bean Sprout Stir-Fry (WHEAT)(SOYA)
Crispy Cauliflower, Mixed Pepper & Baby Corn in
Sweet & Sour Sauce SOYA
Chop Suey Noodles (WHEAT)
Chinese Five Spice Roasted Vegetables
Lemon Mousse (MILK)



Wednesday

Pork Meatballs in Marinara sauce (WHEAT)
Quorn Balls in Garlic Mushroom Sauce
(WHEAT)(MILK)
Smoked Paprika Diced Potatoes
Green Beans and Carrots
Apple & Berry Crumble with Custard
(WHEAT)(MILK)



Thursday

Persian Chicken Kabob (MILK)
Trio of Falafels with Flatbread & Sweet Chilli Sauce
(WHEAT)(MILK)
Tabbouleh Salad
Roasted Aubergine & Courgettes
Orange & Cream Jelly Pot (MILK)



Friday

Baguette Day

Pepperoni Pizza Baguette (WHEAT)(MILK)(SOYA)
Cheese, Tomato Pizza Baguette
(WHEAT)(MILK)(SOYA)
Wedges
Peas & Sweetcorn
Waffles with Chocolate Sauce
(WHEAT)(EGGS)(MILK)(SOYA)



Every day

Seasonal Soup of the Day with Croutons
Home baked Bread (WHEAT)
Jacket Potatoes
Baked Beans
Pasta with Tomato & Basil Sauce (WHEAT)
Grated Cheese (MILK)
Tuna Mayo (FISH)(EGG)
Grilled Chicken
Fresh Fruit
Free-From Alternatives



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