

# Week 1

Please see daily menu boards for all allergens.

chapter  
one

## MONDAY

### Main

Pasta Bar: Creamy Pesto Sauce , Super Veg Tomato Sauce , Cheese sauce  
**GF, DF and Egg Free Available**

### Veggie

**(V)** Classic Vegetable Lasagne **(DF, Egg Free)**  
**GF Available**

### Sides

Garlic Bread **(GF Available)**,  
Crispy Onions, Rocket, Cos &  
Grana Pandano Salad, Broccoli

### Dessert

Seasonal fruit  
Meringue **(GF,DF)**

## TUESDAY

### Main

Chicken Tikka Masala  
**(GF, DF & Egg Free)**

### Veggie

**(V)** Butternut,  
Chickpea & Spinach  
Curry  
**(GF, DF & Egg Free)**

### Sides

Pilau Rice, Naan bread, Pickled  
Radish, Cucumber & Carrot  
Salad, Mango Chutney  
**GF Available**

### Dessert

Coconut and  
Raspberry Jam  
Sponge **(DF)**  
**(GF Available)**

## WEDNESDAY

### Main

Lemon and thyme chicken thighs,  
sage and onion stuffing,  
Yorkshire pudding **DF & Egg Free**  
**(GF Available)**

### Veggie

**(V)** Squash & Bean  
'Sausage' Roll **(DF, Egg Free)**

### Sides

Steamed Carrots, Cabbage,  
Peas, Roasted Potatoes, Gravy  
**(GF, DF & Egg Free)**

### Dessert

Chocolate Mud Cake  
**(DF)**  
**GF available**

## THURSDAY

### Main

Chipotle Pulled Pork Station  
**(DF, GF and Egg Free)**

### Veggie

**(V)** Sweet Potato &  
bean Enchilades **(DF, Egg Free)**  
**GF available**

### Sides

Mexican Rice, Guacamole, Sour  
Cream, Grated Mozzarella &  
cheddar, Nachos **(GF)**

### Dessert

Yoghurt Bar: granola,  
honey, mixed seeds,  
fresh fruit salad **GF, Egg Free DF available**

## FRIDAY

### Main

MSC Battered pollock **(GF, DF & Egg Free)**

### Veggie

**(V)** No Waste  
Cauliflower Cheese  
Pasta Bake  
**(GF, DF Available)**

### Sides

Oven Roasted Chips, Mushy  
Peas, Garden Peas, Lemon,  
Tartar Sauce **(GF, DF)**

### Dessert

Chapter One Custard  
Cream **(DF, Egg Free)**  
**GF Option Available**

# Week 2

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## MONDAY

### Main

Crunchy Topped Butternut  
Squash Macaroni Cheese **(GF, DF  
& Egg Free Available)**

### Veggie

**(V)** Vegetable Hotpot  
**(GF,DF & Egg Free)**

### Sides

Baton Carrots, Cauliflower,  
Garlic Bread **(GF Available)**

### Dessert

Yoghurt Bar: granola,  
honey, mixed seeds,  
fresh fruit salad **GF, Egg  
Free (DF available)**

## TUESDAY

### Main

Thai Chicken Pad Thai **(DF, Egg  
Free) GF Option Available**

### Veggie

**(V)** Thai Vegetarian  
Pad Thai **(DF, Egg  
Free) GF Option  
Available**

### Sides

Rice Noodles, Thai Salad  
Mango & Lime Dressing **(GF,  
Egg Free,DF)**

### Dessert

Sliced Fruit and  
Yoghurt pots **(GF,Egg  
Free)**

Curious Kitchen: Beetroot chocolate brownie

### Main

Roast Beef Topside, Stuffing  
Balls, Yorkshire Pudding **GF  
options Available**

### Veggie

**(V)** Beets & Mushroom  
Wellington **DF, Egg  
Free**

### Sides

Steamed Carrots, Cabbage,  
Peas, Roasted Potatoes, Gravy  
**(GF, DF,Egg Free)**

### Dessert

Chocolate Pot  
**(GF, EggFree)**

## WEDNESDAY

### Main

Sausage & Mash with Savoy  
Cabbage **GF Options Available**

### Veggie

**(V)** Vegetarian  
Sausage and Mash  
with Savoy Cabbage  
**GF Options Available**

### Sides

Mashed Potatoes, Savoy  
Cabbage, Onion Gravy  
**(GF, DF,Egg Free)**

### Dessert

Chocolate Cake **DF,  
GF Options Available**

## THURSDAY

### Main

Pizza Bar,  
Pepperoni or Mexican Chicken  
**(EggFree) GF Option Aailable**

### Veggie

**(V)** Pizza Bar,  
Margarita  
**(EggFree) GF Option  
Available**

### Sides

Vegan Slaw  
Five Spiced Squash  
**(GF,DF,Egg Free)**

### Dessert

Clementine Curd  
Cake  
**DF, GF Option  
Available**

## FRIDAY

# Week 3

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## MONDAY

### Main

Classic Sheppard's Pie  
(GF,DF, Egg Free)

### Veggie

(V) Roasted Vegetable  
Shepards Pie  
(GF,DF, Egg Free)

### Sides

Broccoli, Carrots, Greek Salad,  
Baked Beans  
(GF,DF, Egg Free)

### Dessert

Yoghurt Bar: granola,  
honey, mixed seeds,  
fresh fruit salad GF, Egg  
Free (DF available)

## TUESDAY

### Main

Beef Madras Curry  
(GF,DF, Egg Free)

### Veggie

(V) Vegetable Tikka  
Masala Curry  
(GF,DF, Egg Free)

### Sides

Sticky Rice, Naan Bread, Mango  
Chutney, Mint Yoghurt, Chickpea,  
Butternut & Pumpkin Seed Salad  
GF Options Available

### Dessert

Lemon Drizzle Cake  
GF Option Available

Curious Kitchen: Beetroot chocolate brownie

## WEDNESDAY

### Main

Honey Roast Gammon, Stuffing  
Balls, Yorkshire Pudding GF  
options Available

### Veggie

(V) Vegetarian  
Sausage with Savoy  
Cabbage (GF,DF,Egg  
Free)

### Sides

Steamed Cabbage, Peas &  
Carrots, Roasted Potatoes,  
Gravy, (GF,DF,Egg Free)

### Dessert

Vanilla, Peach  
Shortcake Crumble &  
Custard GF Option  
Available

## THURSDAY

### Main

Chicken, Leek & Ham Pie  
GF,DF,Egg Free Option  
Available

### Veggie

(V) Root Vegetable Pie  
DF,EggFree

### Sides

Mashed Potatoes,  
Green Beans (GF,DF,Egg Free)

### Dessert

Toffee apple sponge  
GF Option Available

## FRIDAY

### Main

Korean Chicken Burger  
GF option Available, DF,Egg Free

### Veggie

(V) Moroccan Vegetable  
Tagine with Tabbouleh  
GF Available , DF, Egg  
Free

### Sides

Smoked Paprika Wedges, Asian  
Slaw (GF,DF,EggFree)

### Dessert

Strawberry Mousse  
(GF,Egg Free)