

**Week Commencing  
27th August**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Meal**

**Classic Beef  
Bolognese (ce)**

**Lemon & herb  
chicken  
with onion gravy**

**Moroccan  
Beef Tagine**

**Chicken  
& Leek Filled Puff  
Pastry Topped Pie  
(Mk,G,E)**

**Baked  
Hake Loin with Dill &  
Tomato Sauce (F)**

**Vegetarian**

**Ratatouille  
with Butternut  
Squash and Basil**

**Aubergine & Puy  
lentil moussaka &  
feta cheese (M)**

**Vegetable  
Katsu Style Curry  
(Mu,Su)**

**Pad Thai Vegetables  
& Rice Noodles  
(So,Su)**

**Mixed  
Bean Chilli**

**Side Items**

**Spaghetti (G)  
Roasted  
Carrot & Celeriac  
(ce)**

**Roasted  
New Potatoes  
Broccoli Florets**

**Cous Cous (G)  
Roasted  
Leek & Cabbage**

**Sweetcorn**

**Herb Crushed  
Potatoes & Garden  
Peas**

**Dessert**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Vanilla  
Sponge Topped with  
Cream and Raspberry  
coulis (E, Mk, G)**

**Week Commencing  
4th September**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Meal**

**Spanish Style  
Lamb Stew  
(ce)**

**Chicken Jalfrezi  
Curry (Mu)**

**Swedish Style Lamb  
Meatballs (G,Mu,Mk)**

**BBQ Chicken Thigh  
(Su)**

**Miso  
And Soy Haddock  
Fillet (F,so,se)**

**Vegetarian**

**Cheese Tomato  
Penne Pasta Bake  
(G, Mk)**

**Black Turtle Bean &  
Chickpea Chilli (C)**

**Stuffed  
Peppers With Quinoa  
& Courgette**

**Cajun Vegetable  
Tortilla Wraps (G)**

**3 Cheese Macaroni  
Bake (Mk,g)**

**Side Items**

**Root  
Vegetable Mash  
Sweetcorn**

**Turmeric  
Infused Rice Roasted  
Winter Vegetables**

**Mashed Potatoes  
(Mk) Green  
Beans**

**Potato Wedges  
Garden Peas**

**Ginger Rice Stir  
Fried Vegetables**

**Dessert**

**Fruit  
Salad/Yoghurt (MK)**

**Fruit  
Jelly/Yoghurt (MK)**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Golden  
Syrup Flapjack  
(G,Mk)**

**Week Commencing  
9th September**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Meal**

**Lamb Chilli  
Con Carne  
(Ce)**

**Chicken & Vegetable  
Chow Mein  
(G,so,su)**

**Classic Italian  
Lasagne  
(G,mk,ce)**

**Spanish Chicken  
Stew  
(Ce,su)**

**Fish Pie  
(F,G,mk)**

**Vegetarian**

**Autumn Vegetable &  
White Bean Casserole  
(Su)**

**Celeriac,  
Swede & Leek Gratin  
(Mk)**

**Pepper, Potato &  
Spinach Frittata (E,mk)**

**Puy Lentil,  
Cauliflower &  
Chickpea Curry  
(Mu,su)**

**Mushroom Risotto  
(Mk,ce)**

**Side Items**

**Basmati Rice  
Garden Peas**

**Asian  
Vegetables**

**Roasted  
Roots And Beets**

**Basmati Rice  
Sweetcorn**

**Green Beans**

**Dessert**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Lemon Sponge  
Topped With Zesty  
Cream  
(Mk,g,e)**

**Week Commencing  
16th September**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Meal**

**Chicken Alfredo  
(Mk,g)**

**Beef Bourguignon  
(Mk,ce,su)**

**Lamb Moussaka  
(G,mk)**

**Chicken  
Katsu Style Curry  
(G,su)**

**Teriyaki  
Style Haddock  
(So,g)**

**Vegetarian**

**Vegetable  
Arabiatta**

**Butternut  
Squash, Carrot &  
Bean Tagine**

**Broccoli  
& Pepper Chow Mein  
(G,so,su)**

**Mushroom  
Stroganoff  
(Mk)**

**Sweet Potato,  
Spinach &  
Cauliflower Curry**

**Side Items**

**Spaghetti (G) &  
Garden Peas**

**Crushed New  
Potatoes Roasted  
Carrots With Cumin**

**Braised  
White Cabbage**

**Basmati Rice  
Sweetcorn**

**Potato Wedges  
Green Beans**

**Dessert**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Coconut & Jam  
Sponge  
(E, Mk, G)**

**Week Commencing  
23rd September**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Meal**

**Minced  
Beef Ragu (Ce, Su)**

**Tandoori Chicken  
Drumsticks(Mu)**

**Greek  
Style Lamb Meatballs  
With Tzatziki Dip  
(Mk)**

**Chicken  
Burrito With Sour  
Cream And Salsa  
(Mk)**

**Baked  
Hake With Lemon,  
Dill & Caper Sauce**

**Vegetarian**

**Mixed Mushrooms  
Carbonara  
Sauce (Mk,e)**

**Thai Red Vegetable  
Curry**

**Slow Cooked Tomato  
And Chickpea Chilli  
(Ce)**

**Aubergines  
Stuffed With Pearl  
Barley (G)**

**Tenderstem  
And White Cabbage  
Stir Fried Rice  
(G,so,su)**

**Side Items**

**Penne Pasta  
Sweetcorn**

**Basmati Rice  
Roasted White  
Cabbage**

**Skins On Mashed  
Potato  
(Mk) Garden Peas**

**Roasted Beetroot &  
Parsnip**

**New Potatoes  
Roasted Cauliflower  
And Leek**

**Dessert**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt(Mk)**

**Fruit  
Salad/Yoghurt(Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Chocolate  
Sponge Topped With  
Chocolate Mousse (E,  
Mk, G)**

**Week Commencing  
30th September**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main Meal**

**Chicken Pomodoro  
(Ce)**

**Chicken Rogan Josh  
Curry (Ce,mu)**

**Farm Assured Beef  
Sausages With Onion  
Gravy (G)**

**Thyme & Honey  
Roast Chicken**

**Italian Style Pollock**

**Vegetarian**

**Cauliflower, Broccoli  
& Potato Bake  
(Mk,g)**

**Pad Thai Style  
Vegetable Rice  
Noodles**

**Vegetable  
Bourguignon (Mk)**

**Risotto  
Stuffed Mushrooms  
With Parmesan  
(Mk,ce)**

**Ratatouille Penne  
Pasta Bake  
(Mk, g)**

**Side Items**

**Fusili Pasta (G)  
Green Beans**

**Basmati Rice  
Roasted Leek &  
Celeriac**

**Skins On Mashed  
Potato  
(Mk) Garden Peas**

**Potato Wedges  
Sweetcorn**

**New Potatoes  
Broccoli Florets**

**Dessert**

**Fruit  
Salad/Yoghurt (Mk)**

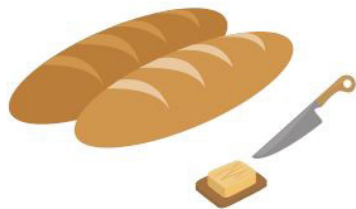
**Fruit  
Jelly/Yoghurt (Mk)**

**Fruit  
Salad/Yoghurt (Mk)**

**Fruit  
Jelly/Yoghurt (Mk)**

**Chocolate  
Sponge Topped With  
Chocolate Mousse (E,  
Mk, G)**

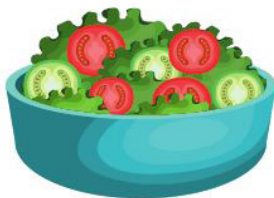
## Daily Additional Items:



**Freshly Baked Bread (G) & Butter**



**Simple Salads**  
Includes carrot, tomato cucumber and mixed leaf



**Composite Salads**  
Chefs choice speciality salads

## Allergen Key:

G- Gluten

Mk- Milk

E- Egg

So- Soya

Ce- Celery

Mu- Mustard

F- Fish

SH- Shellfish

N- Nuts

P- Peanuts

L- Lupin

Su- Sulphur Dioxide