



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

Week Commencing 6th January	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	Butter Bean & Basil Ratatouille	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	Couscous (G) Roasted Leek & Cabbage	Garlic & Basil Crushed Potatoes & Sweetcorn	Herb Steamed Rice & Garden Peas
Dessert	Fruit Salad/Yoghurt (Mk)	Fruit Jelly/Yoghurt (Mk)	Chocolate Sponge with Chocolate Mousse (E, Mk, G)	Fruit Jelly/Yoghurt (Mk)	Vanilla Sponge Topped with Cream and Raspberry Coulis (E, Mk, G)



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Week Commencing
13th January

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

**Spanish Style
Beef Stew
(Ce)**

**Chicken Jalfrezi
Curry (Mu)**

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

**Chicken Fajita Wraps
(G, Su)**

**Miso
& Soy Haddock
Fillet (F, So, Su)**

Vegetarian

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

**Red Kidney Bean &
Chickpea Chilli (C)**

**Stuffed
Peppers with Quinoa
& Courgette**

**Chickpea
Tortilla Wraps (G)**

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

Side Items

**Roasted Root
Vegetables**

**Turmeric
Infused Rice Roasted
Winter Vegetables**

**Potato Wedges &
Green Beans**

**Roasted Mixed
Peppers**

**Ginger Rice Stir
Fried Vegetables**

Dessert

**Fruit
Salad/Yoghurt (MK)**

**Fruit
Jelly/Yoghurt (MK)**

**Banana Sponge with
Vanilla Cream
(G, MK, E)**

**Fruit
Jelly/Yoghurt (Mk)**

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



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Week Commencing
20th January

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

**Lamb Chilli
Con Carne
(Ce)**

**Chicken
Chow Mein
(G, So, Su)**

**Classic Italian
Lasagne
(G, Mk, Ce)**

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

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

Vegetarian

**Autumn Vegetable &
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**

**Steamed Carrots
& Peas**

**Basmati Rice
Sweetcorn**

Green Beans

Dessert

**Fruit
Salad/Yoghurt (Mk)**

**Fruit
Jelly/Yoghurt (Mk)**

**Toffee Sponge with
(G, MK, E)**

**Fruit
Jelly/Yoghurt (Mk)**

**Lemon Sponge
Topped with Custard
(Mk, G, E)**



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Week Commencing
27th January

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

**Beef Sausages
with Onions Gravy
(Mk, G)**

**Beef Bourguignon
(Mk, Ce, Su)**

**Lamb Moussaka
(G, Mk)**

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

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

Vegetarian

**Vegetable Parmesan
Arabiatta**

**Butternut
Squash, Carrot &
Bean Tagine**

**Pepper &
Broccoli Chow Mein**

**Mushroom
Stroganoff
(Mk)**

**Sweet Potato,
Chickpea &
Cauliflower Curry**

Side Items

**Garlic & Herb Skin
on Mash &
Garden Peas**

**Basmati Rice with
Cumin & Roasted
Vegetables**

**Coucous & Braised
White Cabbage**

**Basmati Rice
Sweetcorn**

**Noodles &
Green Beans**

Dessert

**Fruit
Salad/Yoghurt (Mk)**

**Fruit
Jelly/Yoghurt (Mk)**

**Vanilla Cheese Cake
(Mk, E, G)**

**Fruit
Jelly/Yoghurt (Mk)**

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



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Week Commencing
3rd February

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

Beef Ragu (Ce, Su)

Tandoori Chicken
Drumsticks (Mu)

Greek
Style Lamb Meatballs
with Tzatziki Dip
(Mk)

Chicken
Burrito with Sour
Cream & Salsa
(Mk)

Baked
Hake with Lemon,
Dill & Caper Sauce

Vegetarian

Mixed Mushrooms
Carbonara
Sauce (Mk, E)

Thai Lentil
Curry

Slow Cooked Tomato
& Chickpea Chilli
(Ce)

Aubergines
Stuffed with Lentils

Tenderstem
& White Cabbage
Stir Fried Rice
(G, So, Su)

Side Items

Fusili Pasta
Sweetcorn

Tumeric &
Coriander Rice with
Broccoli &
Cauliflower

Skins on Mashed
Potato
Garden Peas (Mk)

Roasted Carrot &
Parsnip

New Potatoes
Roasted Cauliflower
& Leek

Dessert

Fruit
Salad/Yoghurt (Mk)

Fruit
Jelly/Yoghurt (Mk)

White Chocolate
Cheese Cake
(Mk, E, G)

Fruit
Jelly/Yoghurt (Mk)

Chocolate
Sponge Topped with
Chocolate Mousse
(E, Mk, G)



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Week Commencing
11th November

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
Green Beans (G)

Basmati Rice
Roasted Leek &
Celeriac

Skins On Mashed
Potato
Garden Peas (Mk)

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)