

MENU CYCLE WEEK ONE

8TH NOV-12TH NOV
29TH NOV-3RD DEC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Casserole	Beef Lasagne	Chicken & stuffing	Beef Chilli	Battered Fish
VEGETARIAN	Roasted Vegetable Parcel	Quorn Lasagne	Quorn Fillet	Tomato & Herb Pasta	Cheese & Tomato Pizza
STARCHY FOOD	Herby diced potatoes	Garlic bread	Roast potatoes	Rice & tortilla chips	Chips
VEGETABLES	Broccoli & sweetcorn	Beans & peas	Cauliflower & green beans	Sweetcorn & carrots	Spaghetti hoops & mushy peas
CARBS	Jacket potatoes served daily	Pasta dish	Jacket potatoes served daily	Pasta dish	Jacket potatoes served daily
DESSERTS	Apple crumble & custard	Shortbread	Apple Flapjack	Chocolate & Banana cake	Brownie



Food Allergies and Intolerance
If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



MENU CYCLE WEEK TWO

15TH NOV - 19TH NOV
6TH DEC - 10TH DEC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Fish fingers	Cottage pie	Beef and Yorkshire pudding	Chicken meatballs	Fish
VEGETARIAN	Mac 'n' cheese	Quorn cottage pie	Cheese and potato pie	Quorn meatballs	Cheese and tomato pizza
STARCHY FOOD	Roasted wedges	Creamy mash	Roast potatoes	Spaghetti	Chips
VEGETABLES	Peas and cauliflower	Broccoli & carrots	Savoy cabbage & sweetcorn	Green beans & sweetcorn	Beans and peas
CARBS	Pasta dish	Jacket potatoes served daily	Pasta dish	Jacket potatoes served daily	Pasta dish
DESSERTS	Apple flapjack	Marble cake & custard	Chocolate & apricot shortbread	Blueberry cupcakes	Rice Krispy cake



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MENU CYCLE WEEK THREE

1ST NOV-5TH NOV
22ND NOV-26TH NOV
13TH DEC-17TH DEC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef bolognese	Sausages	Gammon & pineapple	Sweet & sour chicken	Battered fish
VEGETARIAN	Quorn bolognese	Quorn sausages	Roasted vegetable parcel	Quorn sweet & sour	Cheese and tomato pizza
STARCHY FOOD	Spaghetti & garlic bread	Wedges	Creamy mash	Wholemeal rice	Chips
VEGETABLES	Broccoli & sweetcorn	Beans & sweetcorn	Sweetcorn & peas	Carrots and green beans	Beans and peas
CARBS	Jacket potatoes served daily	Pasta dish	Jacket potatoes served daily	Pasta dish	Jacket potatoes served daily
DESSERTS	Ice cream	Chocolate & orange brownies	Chocolate crunch	Toffee apple crumble & custard	Carrot cake



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