

MENU CYCLE WEEK ONE

4TH JAN-7TH JAN
24TH JAN-28TH JAN
14TH FEB-18TH FEB.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|------------------------------|-------------------------|------------------------------|---------------------------------|------------------------------|
| MAIN COURSE | Ham pizza | Beef lasagne | Chicken & stuffing | Sausage casserole | Battered fish |
| VEGETARIAN | Cheese & tomato pizza | Quorn lasagne | Quorn fillet & stuffing | Vegetable parcel | Quorn sausages |
| STARCHY FOOD | Herby diced potatoes | Garlic bread | Roast potatoes | Wedges | Chips |
| VEGETABLES | Beans & sweetcorn | Beans & Peas | Cauliflower & Green beans | Sweetcorn & carrot | Spaghetti hoops & Mushy peas |
| CARBS | Jacket potatoes served daily | Pasta dish | Jacket potatoes served daily | Pasta dish | Jacket potatoes served daily |
| DESSERTS | Apple pie & custard | Chocolate bread pudding | Mixed fruit flapjack | Spiced Butternut squash muffins | 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

10th Jan-14th Jan
31st Jan-4th Feb

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|------------------------------|------------------------------|--------------------------------|----------------------------------|-------------------------|
| MAIN COURSE | Pork sweet and sour | Chicken pie | Beef with Yorkshire pudding | Chicken meatballs | Fish fingers |
| VEGETARIAN | Roasted Vegetable pasta bake | Quorn cottage pie | Cheese and potato pie | Quorn meatballs | Cheese and tomato pizza |
| STARCHY FOOD | Wholegrain rice | Creamy mash | Roast potatoes | Spaghetti | Chips |
| VEGETABLES | Green beans & Cauliflower | Broccoli & Carrots | Savoy cabbage & Sweetcorn | Green beans & Sweetcorn | Beans & Peas |
| CARBS | Pasta dish | Jacket potatoes served daily | Pasta dish | Jacket potatoes served daily | Pasta dish |
| DESSERTS | Rice Krispy cake | Marble cake & custard | Chocolate & apricot shortbread | Strawberry or blueberry cupcakes | Apple flapjack |



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MENU CYCLE WEEK THREE

17TH JAN-21ST JAN
7TH FEB-11TH FEB.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|-----------------------------------|---------------------------|------------------------------|------------------------------|------------------------------|
| MAIN COURSE | Chicken Korma | Sausages | Gammon & pineapple | Beef bolognaise | Battered fish |
| VEGETARIAN | Butternut squash & chickpea curry | Quorn sausages | Roasted vegetable parcel | Mac' n' cheese | Cheese and Tomato pizza |
| STARCHY FOOD | Rice & Naan bread or Poppadums | Wedges | Creamy mash | Garlic bread & Penne pasta | Chips |
| VEGETABLES | Broccoli & Sweetcorn | Beans & sweetcorn | Sweetcorn & Peas | Carrots & Green beans | Beans and peas |
| CARBS | Jacket potatoes served daily | Pasta dish | Jacket potatoes served daily | Pasta dish | Jacket potatoes served daily |
| DESSERTS | Chocolate or strawberry mousse | Chocolate orange brownies | Chocolate crunch | Oaty fruit crumble & custard | Carrot cake |

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