

# MENU CYCLE WEEK ONE

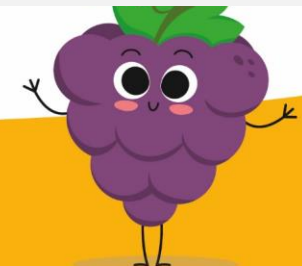
5<sup>TH</sup> SEPT-9<sup>TH</sup> SEPT  
26<sup>TH</sup> SEPT-30<sup>TH</sup> SEPT  
17<sup>TH</sup> OCT-21<sup>ST</sup> OCT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef bolognaise	Sausages	Roast chicken & stuffing	Chicken & sweetcorn pasta bake	Fish fingers
VEGETARIAN	Quorn bolognaise	Quorn sausages	Quorn fillet & stuffing	Mac `n` cheese	Cheese & tomato pizza
STARCHY FOOD	Spaghetti & garlic bread	Mashed potato	New potatoes	Garlic bread	Chips
VEGETABLE	Peas & sweetcorn	Green beans & baked beans	Cauliflower & peas	Broccoli & carrots	Mushy peas or baked beans
DESSERT	Blueberry cake	Apple flapjack	Rice krispie Cake	Ice cream	Iced cinnamon muffin
CARBS	Jacket Potatoes with Cheese, Beans or Tuna or pasta dish				

### 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.

Available Daily Yoghurt Pots, Freshly Made Fruit Pots, jelly pots & Seasonal Salad Selection



# MENU CYCLE WEEK TWO

12<sup>TH</sup> SEPT-16<sup>TH</sup> SEPT  
3<sup>RD</sup> OCT-7<sup>TH</sup> OCT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cottage pie	Tomato & herb pasta bake	Picnic day	Chicken meatballs	Battered fish
VEGETARIAN	Quorn cottage pie	Tomato & herb pasta bake	Picnic day	Quorn balls	Cheese & tomato pizza
STARCHY FOOD	Mash potato	Garlic bread	Tortilla chips	Spaghetti	Chips
VEGETABLE	Peas & sweetcorn	Green beans & cauliflower	Carrot and cucumber sticks with dip	Sweetcorn & peas	Peas & spaghetti hoops
DESSERT	Marble cake	Strawberry trifle	Mixed fruit & raisin flapjack	Banana muffins	Vanilla Shortbread
CARBS	Jacket Potatoes with Cheese, Beans or Tuna or pasta dish				

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# MENU CYCLE WEEK THREE

19<sup>TH</sup> SEPT-23<sup>RD</sup> SEPT  
10<sup>TH</sup> OCT-14<sup>TH</sup> OCT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy chicken wrap	Pizza selection	Gammon & pineapple	Beef chilli	Battered fish
VEGETARIAN	Vegetarian burger wrap	Cheese & tomato pizza	Quorn fillet	Quorn chilli	Quorn battered sausage
STARCHY FOOD	Herby diced potatoes	Roasted wedges	Roast potatoes	Rice & tortilla chips	Chips
VEGETABLE	Broccoli & cauliflower	Baked beans & sweetcorn	Savoy cabbage & carrots	Peas & sweetcorn	Mushy peas or baked beans
DESSERT	Chocolate or strawberry mousse	Ice cream	Chocolate shortbread	Oatmeal & raisin cookie	Chocolate orange brownie
CARBS	Jacket Potatoes with Cheese, Beans or Tuna or pasta dish				

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