



## What's on the menu - week one?

Week Commencing – 6/9/21 – 27/9/21 – 18/10/21 – 1/11/21 – 22/11/21 – 13/12/21 – 3/1/22 – 24/1/22 – 7/2/22 – 28/2/22 – 21/3/22 -

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1  <span style="background-color: green; color: white; padding: 2px;">VEGETARIAN (V)</span>	Braised Sausages GF (14) Creamed Potato (7) Seasonal Vegetables Gravy	Chicken Burger in a bun (2,4,7) Potato Wedges Coleslaw (4,9) Beetroot	Savoury mince with dumplings (2,4,7) served with Creamed Potato (7) and seasonal vegetables	Roast Turkey Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) or Fishcake (2,5,13) Chips Peas / Beans Bread and Butter (2,4,7,13)
Option 2	<span style="background-color: green; color: white; padding: 2px;">(V)</span> Vegetarian Sausages (2,13,14) Creamed Potato (7) Seasonal Vegetables Gravy	<span style="background-color: green; color: white; padding: 2px;">(V)</span> Vegetable Burger in a bun (2,4,7) Potato Wedges Coleslaw (4,9) Beetroot	<span style="background-color: green; color: white; padding: 2px;">(V)</span> Sweet Potato and Bean curry (7,9) served with Rainbow Rice and a Naan Bread (2,4,7)	<span style="background-color: green; color: white; padding: 2px;">(V)</span> Quorn Roast Fillet (4,7) Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	<span style="background-color: green; color: white; padding: 2px;">(V)</span> Fishless Finger (2,4) Chips Peas / Beans Bread and Butter (2,4,7,13)
Option 3	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)
Dessert choice	Chocolate Sponge and Custard (2, 4, 7)	Apricot Shortcake Cookie (2,4,7)	Ice Cream (7) or Jelly served with fruit	Chocolate and Pear Muffins (2,4,7)	Friday Favourites (2,4,7)

Assorted sandwiches and Jacket potatoes served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7, 13)  
Yoghurt (7) and Fruit are available daily as a choice of dessert  
Fresh Water & Milk (7) to drink

**GLUTEN FREE OPTIONS AVAILABLE DAILY**

FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS

**Allergens**

<b>1</b>	<b>2</b>	<b>3.</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Celery	Cereals Containing Gluten	Crustaceans (such as prawns, crabs and lobsters)	Eggs	Fish	Lupin	Milk	Molluscs (such as mussels) and oysters	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide and Sulphites

## What's on the menu - week two?

Week Commencing – 13/9/21 – 4/10/21 – 8/11/21 – 29/11/21 – 10/1/22 – 31/1/22 – 14/2/22 – 7/3/22 – 28/3/22 -

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday								
Option 1	Meatballs GF (7,14) Tomato Pasta (2,7) Seasonal Vegetables	Chicken Curry (2,4,7) Rainbow Rice and a Naan Bread (2,4,7)	ALL DAY BREAKFAST Bacon, Sausage (14) Egg omelette (4,7) Tomatoes and Beans Hash Brown (14)	Roast Turkey Creamed Potato (7) Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) or Fish fingers (5) Chips Peas / Beans Bread and Butter (2,4,7,13)								
<b>VEGETARIAN (V)</b>													
Option 2	<b>(V)</b> Vegetarian Meatballs (2,13) Tomato Pasta (2,7) Seasonal Vegetables	<b>(V)</b> Crispy Goujons (2,4) In a Tortilla Wrap (2) Potato Wedges side salad	<b>VEGETARIAN</b> ALL DAY BREAKFAST <b>(V)</b> Vegetarian Sausages (2,13,14) Egg Omelette (4,7) Tomatoes and Beans Hash Brown (14)	<b>(V)</b> Roast Quorn Fillet (4,7) Creamed Potato (7) Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	<b>(V)</b> Fishless Finger (2,4,7) Chips Peas / Baked Beans Bread and Butter (2,4,7,13)								
Option 3	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)								
Dessert choice	Chocolate Crunch (2,4,7) and Custard (7)	Iced Mandarin Muffins (2,4,7)	Ginger Sponge (2,4,7) and Custard (7)	Chocolate and Beetroot Muffins (2,4,7)	Friday Favourites (2,4,7)								
Assorted sandwiches and Jacket potatoes served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7, 13) Yoghurt (7) and Fruit are available daily as a choice of dessert Fresh Water & Milk(7) to drink													
<b><u>GLUTEN FREE OPTIONS AVAILABLE DAILY</u></b>													
FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATION													
<b>Allergens</b>													
<b>1</b> Celery	<b>2</b> Cereals Containing Gluten	<b>3.</b> Crustaceans (such as prawns, crabs and lobsters)	<b>4</b> Eggs	<b>5</b> Fish	<b>6</b> Lupin	<b>7</b> Milk	<b>8</b> Molluscs (such as mussels) and oysters	<b>9</b> Mustard	<b>10</b> Nuts	<b>11</b> Peanuts	<b>12</b> Sesame Seeds	<b>13</b> Soya	<b>14</b> Sulphur Dioxide and Sulphites

## What's on the menu - week three?

Week Commencing – 20/9/21 – 11/10/21 – 15/11/21 – 6/12/21 – 17/1/22 – 14/3/22 – 4/4/21

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday								
Option 1  <b>VEGETARIAN (V)</b>	Assorted Pizza (2,5,4,7) Potato Wedges Peas and Sweetcorn	Pasta Pomodora (2,7) Seasonal Vegetables Garlic Bread (2,4,7)	Burger in a Bun (2,4,7) Potato Wedges Coleslaw (4,9) Side Salad	Roast Chicken or Turkey Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) OR Fish Star (2,5) Chips Peas and Beans Bread and Butter (2,4,7,13)								
Option 2	<b>V</b> Cheese and Tomato Pizza (2,4,7) Potato Wedges Peas and Sweetcorn	<b>V</b> Cheese and Leek Pasta Bake (1,2,7) Seasonal Vegetables Garlic Bread (2,4,7)	<b>V</b> Vegetable Burger in a Bun (2,4,7) Potato Wedges Coleslaw (4,9) Side Salad	<b>(V)</b> Roast Quorn Fillet (4,7) Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	<b>(V)</b> Fishless Finger (2,4,7) Chips Peas and Beans Bread and Butter (2,4,7,13)								
Option 3	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)								
Dessert choice	Chocolate Crackle & Custard (2,4,7)	Fruity Flapjack Finger (2,7)	Lemon Drizzle Cake and Custard (2,4,7)	Chocolate or Strawberry Swirl Mousse (7)	Friday Favourites (2,4,7)								
Assorted sandwiches and Jacket potatoes all served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7,13) Yoghurt (7) and Fruit are available daily as a choice of dessert Fresh Water & Milk (7) to drink  <b><u>GLUTEN FREE OPTIONS AVAILABLE DAILY</u></b>  FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS													
<b>Allergens</b>													
<b>1</b> Celery	<b>2</b> Cereals Containing Gluten	<b>3.</b> Crustaceans (such as prawns, crabs and lobsters)	<b>4</b> Eggs	<b>5</b> Fish	<b>6</b> Lupin	<b>7</b> Milk	<b>8</b> Molluscs (such as mussels) and oysters	<b>9</b> Mustard	<b>10</b> Nuts	<b>11</b> Peanuts	<b>12</b> Sesame Seeds	<b>13</b> Soya	<b>14</b> Sulphur Dioxide and Sulphites