





Week 1



Monday

Homemade Keema with rice **2**
Homemade spicy vegetarian pasta **1,2,13**

♦

Baked Potato with baked beans or Cheese Savoury filling
Mash potato
Sweetcorn
Fresh Broccoli Florets

♦

Fresh Seasonal Fruit or fruit pots
Yoghurt

Tuesday

Homemade Chicken Tikka Masala **9**
Salmon fishcake with lemon wedge **5**

♦

Baked potato with baked beans

♦

Wholegrain Rice
Seasoned Potato wedges
Medley of fresh vegetables or mushy peas

♦

Cocoa sponge with custard

Wednesday

Chicken and leek pie
Cheese & tomato quiche **4,7**
Sandwich platter

♦

Mash or roast potatoes
Medley of fresh vegetables

♦

Homemade flapjack squares
Seasonal fruit
Yoghurt

Thursday

Homemade shepherds pie
Oven baked fish fillet **5**

♦

Herby diced potatoes
Fresh seasonal vegetables
Chunky coleslaw

♦

Zesty lemon sponge and custard
Seasonal fresh fruit
Yoghurt

Meat Free Friday

Spicy lentil curry
Homemade cheese and tomato pizza **4,7**
Baked potato with tuna or beans

♦

Thick cut oven baked chips
Garden peas

♦

Seasonal fresh fruit
Homemade rolled oat biscuits

We serve a selection of north west locally sourced seasonal produce within our menu cycle. A freshly prepared salad bar, jacket potatoes, wholemeal bread, seasonal fruits and yoghurt are available to accompany meals daily. The allergens in each meal are highlighted in red where necessary.

1: Celery

2: Cereals containing gluten

3: Crustaceans

4: Eggs

5: Fish

6: Lupin

7: Milk

8: Molluscs

9: Mustard

10: Nuts

11: Peanuts

12: Sesame Seeds

13: Soya

14: Sulphur dioxide



Week 2



Monday

Hot & spicy chicken
fajita wrap
Crispy Bubble Fish **5**
Baked potato with
tuna mayo

Homemade herby
diced potato
Peas and beans
*
Homemade oat and
raisin cookie **2**
Fresh seasonal fruit
Yoghurt

Taco Tuesday

Homemade Mexican
beef taco **2**
Spicy chick pea and
bean curry
Stuffed cheesy
jackets **7**
*
Wholegrain savoury
rice
Sweetcorn
Medley of vegetables
*
Homemade jam
sponge and custard **7**
Fresh seasonal fruit
or melon slices

Wednesday

Toad in the Hole **4 7**
Vegetarian quiche **4,7**
Assorted sandwich
platter
*
Mashed potatoes
Fresh cabbage and
carrots
*
Fruit jelly and ice
cream **7**
Fresh seasonal fruit
or fruit salad pot
Yoghurt

Thursday

**Homemade chicken
wrap 2**
Bean Pie **2**
Cheesy omelette **4 7**
*
New potatoes
Fresh broccoli
Medley of vegetables
*
Homemade chocolate
& raspberry sponge
with custard **2**
Seasonal fruit
Yoghurt

Meat Free Friday

Fish finger bap with
side salad **2 5**
Pizza **2**
Baked potato &
beans
*
Thick cut oven
baked chips
Garden peas
Salad
*
Viennese biscuits **2**
Seasonal fresh fruit

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Week 3



Monday

Homemade Chicken tikka masala
 Fish Stars **5**
 Baked potato with tuna mayo
 *
 Wholegrain rice
 Cajun wedges
 Sweetcorn and peas
 *
 Iced apple sponge and custard **4,7**
 Fresh seasonal fruit
 Yoghurt

Meat Free Tuesday

Homemade Cheese & Onion Pie **2**
 Pasta Roma
 Homemade sandwich platter **2**
 *
 Baked beans
 Croquette Potatoes
 Chunky coleslaw
 *
 Strawberry flapjack **2**
 Fresh seasonal fruit or melon slices
 Yoghurt

Wednesday

Roast chicken & stuffing **2**
 Crispy Bubble fish **2, 5**
 Baked potato with savoury cheese filling **7**
 *
 Creamed & roasted potatoes
 Fresh vegetable medley
 *
 Fruity mousse **7**
 Cheese & crackers
 Fresh seasonal fruit
 Yoghurt

Thursday

Homemade meat pie **2**
 Egg mayonnaise wraps with salad **4**
 Spicy Chilli Chicken
 *
 Wholegrain rice
 Medley of vegetables
 *
 Cake with custard **2**
 Fresh Seasonal fruit
 Yoghurt

Friday

Gourmet Beef Burger bun
 Cheese & Tomato Pizza **2,7**
 Baked potato & beans
 *
 Thick cut oven chips
 Salad pots
 Medley of vegetables
 *
 Crumbly fruit muffin
2,4,7
 Seasonal fresh fruit
 Yoghurt

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