

Weekly Menu



Lunch
Week 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF THE DAY

Carrot & Orange
Freshly Baked Bread

Pea & Mint
Freshly Baked Bread

Pumpkin & Leek
Freshly Baked Bread

Parsnip & Apple
Freshly Baked Bread

Roast Pepper & Lentils
Freshly Baked Bread

MAINS

Chicken & Vegetable Pie

Homemade Meatloaf With
Gravy Sauces

Pulled Chicken & Peas Creamy
Pasta

Beef Bourguignon

Bbq Pulled Pork Sliders
Bar With Toppings And
Sauces

MAINS (V)

Black Eyed Peas Stew

Vegetables Stir-fry Hoisin
Noodles

Chilli-sin Carne

Vegan Goulash

Red Lentil And Aubergine
Moussaka

SIDES

Greens Peas, Roast Potatoes
& Roasted Peppers

Corn, Steamed Greens,
Baked Potatoes

Steamed Rice, Garlic Bread &
Broccoli

Noodles, Cauliflower &
Carrots

Roast Potato Wedges, Spiced
Couscous & Coleslaw

AM SNACK (gluten free optional)

Banana, Berry & Milk
Smoothie (Vegan Optional)

Banana & Oats Cakes

Mango, Banana Smoothie
(Vegan Optional)

Flapjack

Lemon Cake

PM SNACK (gluten free optional)

Cheese & Roast Veg/ Tuna
& Tomatoes Sandwiches

Chicken/ Greek Feta
And Veg Mini Panini

Berry Pannacotta

Chicken Caesar Wrap
Or
Feta, Roast Pepper &
Carrot Wrap

Focaccia Bites Veggie &
Cheese



For allergen & nutritional
information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

Weekly Menu



Lunch
Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF THE DAY

Roasted Cauliflower
Freshly Baked Bread

Tomato & Basil
Freshly Baked Bread

Sweet Potato &
Carrot
Freshly Baked Bread

Mushroom
Freshly Baked Bread

Corn Chowder
Freshly Baked Bread

MAINS

Maltese Baked Beef
Bolognese Pasta

Soy Ginger Pork Veggie
Noodles

Creamy Chicken & Vegetable
Stew

Beef Lasagna

Chicken Sliders
Bar With Different Toppings
And
Sauces

MAINS (V)

Sweet Potato Massaman
Curry

Roasted Vegetable & Bean
Burrito

Lentil Shepperd's Pie

Mushroom Burgers

Mac N' Cheese With Different
Toppings

SIDES

Rice, Carrots & Herbed
Marrows

Corn, Steamed Greens,
Baked Wedge Potatoes

Steamed Rice, Soy Tossed
Cabbage & Broccoli

Steamed Greens, Garlic
Bread,
Baked Potatoes

Rosemary Potatoes, Spiced
Couscous & Coleslaw

**AM SNACK
(gluten free
optional)**

Strawberry & Milk Smoothie
(Vegan Optional)

Banana & Coconut Cake

Pineapple & Mango Smoothie
(Vegan Optional)

Flapjack

Carrot & Ginger Cake

**PM SNACK
(gluten free
optional)**

Cheese & Tomato/ Creamy
Egg Sandwiches

Creamy Tuna/ Hummus &
Roasted Peppers Mini Panini

Berry Pannacotta

Sweet Chilli Chicken Wrap
Or
Mozzarella Tomato & Basil
Wrap

Focaccia Bites Veggie &
Cheese



For allergen & nutritional
information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs

Weekly Menu



Lunch
Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF THE DAY

Veggie Noodle
Freshly Baked Bread

Pumpkin & Apple
Freshly Baked Bread

Creamy Vegetable
Freshly Baked Bread

Carrot & Orange
Freshly Baked Bread

Zucchini
Freshly Baked Bread

MAINS

Creamy Gammon Tortellini

Chicken Korma

Beef & Vegetable Stew

No Nut Basil Pesto , Chicken
Cherry Tomatoes &
Mozzarella Pasta

Homemade Beef
Burger Bar With Different
Toppings & Sauces

MAINS (V)

Falafel Burgers With Tomato
Chutney

Penne A' La Norma

Cheesy Vegetable & Bean
Quesadillas

Mushroom Bourguignon

Veggie Paella

SIDES

, Cauliflower, Carrots & Baby
Potatoes

Greens Peas, Steamed Rice &
Roasted Peppers

Rosemary Potatoes, Spiced
Couscous & Coleslaw

Corn, Steamed Greens,
Rice

Spiced Baby Potatoes & Roast
Mediterranean Veg

AM SNACK (gluten free optional)

Berry Blast — Mixed
Berries, Banana, Yogurt,
Milk Smoothie (Vegan
Optional)

Berry & Lemon Cake

Melon & Coconut Smoothie
(Vegan)

Flapjack

Apple & Cinnamon Cake

PM SNACK (gluten free optional)

Tuna & Sweetcorn/ Cream
Cheese & Cucumber
Sandwiches

Mini Chicken/ Veggie
Hummus Couscous Wrap Bites

Berry Pannacotta

Pitta Strips With Hummus,
Butterbean Dip & Salad Bar

Focaccia Bites Veggie &
Cheese



For allergen & nutritional
information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs

Weekly Menu

SALADS
Week 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Composite 1	Orange, Fennel And Pomegranate Salad	Greek Salad	Lentil & Tomatoes Salad	Caesar Dressed Leaves	Fruity Couscous Salad
Composite 2	Sweet Potatoes Tex- Mex Salad	Crunchy Bulgur Salad	Sweet Potato, Leek & Baby Spinach	Rainbow Quinoa Salad	Beetroot And Mix Leaves Salad
Raw Salads &	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Diced Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn
Dressings	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing
Dessert	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

Weekly Menu

SALADS
Week2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Composite 1	Watermelon & Feta	Sweet Potato & Kale	Rainbow Slaw	Quinoa, Carrot & Chickpea	Vegetable Barley
Composite 2	Curried Potato	Pasta Salad With Bell Peppers & Tomato	Roasted Turmeric Cauliflower	Vegetable Noodle Salad	Mediterranean Bean Salad
Raw Salads & Dressings	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Diced Tomato, Sweet Corn Caesar, Balsamic, French Dressing	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn Caesar, Balsamic, French Dressing	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn Caesar, Balsamic, French Dressing	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn Caesar, Balsamic, French Dressing	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn Caesar, Balsamic, French Dressing
Dessert	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

Weekly Menu

SALADS
Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Composite 1	Fresh Garden Salad With Artichokes	Thousand Island Pasta Salad	Tomato & Grilled Pear Salad	Spinach, Feta & Courgette Salad	Fattoush Salad
Composite 2	Beans Chimichurri Salad	Mint, Carrots & Chickpeas Salad	Carrot, Raisins & Cherry Tomato Quinoa Salad	Watermelon, Feta & Cucumber	Caponata
Raw Salads &	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Diced Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn	Mixed Green Leaves, Grated Carrots, Sliced Cucumber, Tomato, Sweet Corn
Dressings	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing	Caesar, Balsamic, French Dressing
Dessert	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs