

MENU

Week 1



SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Look for this logo on the menu to try a yummy seasonal special!

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Chicken and Sweetcorn Penne Pasta (G,Mk)	Pepperoni Pizza (G,Mk,E)	Toad in the Hole with Gravy (G,E,Mk,Su)	Meatballs in a Tomato Sauce	Fish Fingers with Tartare Sauce and Tomato Sauce (G,F,E)
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Veggie

MEAT FREE MAINS

Tomato and Roasted Pepper Pasta with Cheese (G, Mk)	Margherita Pizza (G,Mk,E)	Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)	Vegan Meatballs in a Tomato Sauce (So)	Veg Finger with Tomato Sauce (G,E)
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veg

EXTRA GOOD

Steamed Broccoli	Garden Salad	Carrots	Roasted Cauliflower	Baked Beans
Green Beans		Green Beans	Sweetcorn	Peas

Carbs

FUEL FOOD

Home Baked Garlic Focaccia (G)	Crispy Potato Wedges	Mashed Potato	50/50 Rice	Oven Baked Chips
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Jackets & pasta

TASTY FAVOURITES

Pasta in a Tomato Sauce (G)	Jacket Potato with Beans and Cheese (Mk)	Macaroni Cheese (G,Mk,Mu)	Jacket Potato with Salmon/Tuna Mayo (E,F)	Pasta in a Tomato Sauce (G)
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Dessert

SOMETHING SWEET

Beetroot Brownie (G,E,Mk,So)	Pear Crumble with Custard (G,Mk,E,So)	Ice Cream (Mk)	Carrot Cake Cookie (G,E,Mk)	Shortbread Biscuit (G,E)
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Salad bar, cold desserts and fresh fruit available daily.

Dates

Week Commencing:
01/09/25; 22/09/25; 13/10/25;
10/11/25; 01/12/25

Allergens

Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide



MENU

Week 2



Monday

Tuesday

Wednesday

Thursday


Friday

Mains

HAPPY TUMS

Penne Beef Bolognese (G)

Chicken Enchilada with a Tomato Sauce and Cheese (G,Mk,Mu)

Roast Gammon With Apple Sauce and Gravy 

Pepperoni Pizza (G,Mk,E)

Fish Fingers with Tartare Sauce and Tomato Sauce (G,F,E)

Veggie

MEAT FREE MAINS

Macaroni and Cheese (G,Mk,Mu)

Vegetable Enchilada with a Tomato Sauce and Cheese (G,Mk,Mu)

Quorn Roast with Classic Gravy (E,Mk)

Margherita Pizza (G,Mk,E)

Veg Finger with Tomato Sauce (G,E)

veg

EXTRA GOOD

Steamed Broccoli

Coleslaw (E)

Cauliflower

Sweetcorn

Garden Peas

Sweetcorn

Roasted Carrots

Baked Beans

Carbs

FUEL FOOD

Home Baked Garlic Focaccia (G)

Tortilla Wrap (G)

Roast Potatoes

Crispy Potato Wedges

Oven Baked Chips

Jackets & pasta

TASTY FAVOURITES

Pasta in a Tomato Sauce (G)

Jacket Potato with Beans and Cheese (Mk)

Pasta in a Tomato Sauce (G)


Jacket Potato with Beans and Cheese (Mk)

Pasta in a Tomato Sauce (G)

Dessert

SOMETHING SWEET

Lemon Drizzle Cake (G,E)

Apple Flapjack and Custard (G,E,Mk,So) 

Fruity Jelly

Ice Cream (Mk)

Chocolate Chip Cookie (G,E,Mk,So)

Salad bar, cold desserts and fresh fruit available daily.

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Look for this logo on the menu to try a yummy seasonal special!

Dates

Week Commencing:
08/09/25; 29/09/25; 20/10/25;
17/11/25; 08/12/25

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
Mo = Molluscs

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



MENU

Week 3



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken and Macaroni Pasta Bake
(G,Mk,So)

Meatballs in a Tomato Sauce

Roast Pork Sausage with Pear Sauce and Gravy
(G,So,Su)

Cottage Pie with Creamy Mash and Gravy
(Ce,Mk,So)

Fish Fingers with Tartare Sauce and Tomato Sauce
(G,F,E)

Veggie

MEAT FREE MAINS

Macaroni and Cheese
(G,Mk,Mu)

Vegan Meatballs in a Tomato Sauce
(So)

Roasted Vegetable Sausage with Onion Gravy
(G,Ce)

Plant Based Mince and Vegetable Cottage Pie
(Ce,So)

Veg Finger with Tomato Sauce
(G,E)

veg

EXTRA GOOD

Broccoli
Sweetcorn

Steamed Cauliflower
Green Beans

Steamed Carrots
Cabbage

Medley of Steamed Green Vegetables

Garden Peas
Baked Beans

Carbs

FUEL FOOD

Home Baked Garlic Focaccia
(G)

50/50 Rice

Mashed Potato

Oven Baked Chips

Jackets & pasta

TASTY FAVOURITES

Pasta in a Tomato Sauce
(G)

Jacket Potato with Beans and Cheese
(Mk)

Pasta in a Tomato Sauce
(G)

Jacket Potato with Salmon/Tuna Mayo
(E,F)

Pasta in a Tomato Sauce
(G)

Dessert

SOMETHING SWEET

Apple and Parsnip Cake
(G,E,Mk)

Pear Sponge Pudding with Custard
(G,E,Mk,So)

Fruity Jelly

Oat and Apple Cookie
(G,E)

Mixed Berry Flapjack
(G)

Salad bar, cold desserts and fresh fruit available daily.

Dates

Week Commencing:
15/09/25; 06/10/25; 03/11/25;
24/11/25; 15/12/25

Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soya
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

