

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



From
50p

SOUP STATION 

THE MAIN EVENT
£2.00

VEGETARIAN 
£2.00

PASTA BAR
£2.00
STREETFOOD
£2.00

PERFECT PUDDINGS

Hummus and carrot pots
(Se)
Boost bar (G)
Cheddar cheese roll
(Mk,G)

Cream of leek
and potato
(Su,Ce,Mk)

Italian beef bolognaise
with spaghetti,
parmesan cheese
and garlic bread
(Mk,E,G)

Macaroni cheese with a
crunchy topping
(Su,Mk,G,Ce,Mu)
served with a
summer salad

Creamy mushroom
and spinach Tagliatelle
(Mk,G,E)

Jam sponge pudding
with custard
(Mk,E,G)

Tortilla chips with salsa
(G)
Pizza slice (Mk,G)
Sweet potato wedges
Boost bar (G)

Chunky Italian
minestrone
(Su,Ce,G,E)

Mexican spiced chicken
baked enchiladas
served with rice
and sweetcorn
(Mu,Mk,G)

Italian potato gnocchi
with a vegetable
ratatouille sauce served
with garlic bread
(G,Mk)

Puttanesca, tomato
and olive ,penne
(G,E)

Autumn fruit cobbler
(G,Mk)

Red pepper hummus
with pitta fingers
(Se,G)
Chicken mayonnaise roll
(G,E,Mu)
Boost bar (G)

Indian spiced lentil
(Su,Ce,G)

Roast chicken,
homemade parsley
stuffing, gravy with
roast potatoes and
steamed broccoli
(Mk,E,G)

Chinese sweet and sour
stir fried vegetables
(G) 

Chilli beef nachos
with sour cream
(Mu,Mk,G)

Treacle tart
with custard
(So,Mk,E,G)

Crumpet (G)
Scotch pancake
(G,Mk,E)
Cheddar cheese roll
(G,Mk)
Vegetarian quesadilla
(G,Mk,Su,Ce)

French onion
(Su,G,Ce)

Beef Madras with
tomatoes, mango
chutney and pilau rice
(Ce,Mk)

Moroccan vegetable
and chickpea tagine
served with cous cous
(G,Ce,Su)

Tomato and basil Fusilli
(G,E)

Chocolate brownie
(Mk,G,E)

Margherita pizza
(G,Mk)
Apple and sultana
pinwheel (G,E)
Tuna mayonnaise roll
(G,F,E,Mu)

Carrot and coriander
(Su,Ce)

Battered cod fillet with
tartare sauce and
lemon served with oven
baked chips and peas
(F,G,Mu,E,Mk)

Mixed roasted sweet
pepper wholemeal 
quiche, baked oven
chips and baked beans
(Mk,E,G)

Fish finger sub
(Se,Mu,Mk,G,F,E)

Queen of pudding
with custard
(Mk,G,E)

Chef's Pot: a daily choice of either pasta, rice or noodles

HERB OF THE MONTH!



Mint



Oregano



Thyme



Sage



Look out for this icon
on our menus for a
better choice for you!



Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide

acc^{ent}
catering

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Hummus and carrot pots
(Se)
Boost bar (G)
Cheddar cheese roll
(Mk,G)

Tortilla chips with salsa
(G)
Pizza slice (Mk,G)
Sweet potato wedges
Boost bar (G)

Red pepper hummus
with pitta fingers
(Se,G)
Chicken mayonnaise roll
(G,E,Mu)
Boost bar (G)

Crumpet (G)
Scotch pancake
(G,Mk,E)
Cheddar cheese roll
(G,Mk)
Vegetarian quesadilla
(G,Mk,Su,Ce)

Margherita pizza
(G,Mk)
Apple and sultana
pinwheel (G,E)
Tuna mayonnaise roll
(G,F,E,Mu)

Chef's Pot: a daily choice of either pasta, rice or noodles

SOUP STATION 

Broccoli and stilton
(Ce,Su,Mk)

Chicken noodle
(Su,E,G,Ce)

Pea and mint
(Su,Mk,Ce)

Autumn vegetable
(Ce,Su,Mk)

Cream of tomato
(Ce,Mk,Su)

THE MAIN EVENT

£2.00

Chinese sweet chilli
turkey stir fry with
vegetables, noodles
and prawn crackers
(G,So)

Sancho Pollo chicken
pieces with spicy rice
and bbq beans, peri
peri sauce
(Su,So,G,Ce)

Mexican beef chilli con
carne with steamed rice
and sour cream
(Mu,Mk,Ce,G)

Chicken Rogan Josh
and mango chutney
with pilau rice 
(Ce,Su,Mu)

Battered pollock fillet
with tartare sauce and
lemon served with oven
baked chips and peas
(F,G,Mu,E,Mk)

VEGETARIAN 

£2.00

Tarka dahl with spinach
and lentils, mango
chutney and pilau rice
(Mk,Ce,G) 

Savoury vegetable
mince casserole with
root vegetables, mash
and baked beans
(E)

Vegetable lasagne
served with
garlic bread and salad
(Su,Ce)

Spanish frittata
with onion, spinach and
cheddar (Mk,E) with
new potatoes
and salad

Spicy red pepper and
courgette Quesadilla
with sour cream, baked
oven chips and broccoli
(Mu,Mk,G)

PASTA BAR

£2.00

STREETFOOD

£2.00

Creamy Mushroom and
tarragon Spaghetti
(So,Mo,E,G)

Oriental sweet chilli
chicken with
egg fried rice
(E,So,G)

Green pesto and rocket
Penne
(Mk,G,E)

Jumbo hot dog with
fried onions, sauces
and tortilla chips
(Su,Mu,G,Se)

Fish finger sub
(Se,Mu,Mk,G,F,E)

PERFECT PUDDINGS

Double Chocolate
Brownie
(Mk,G,E)

Pear and chocolate
sponge and
chocolate sauce
(Mk,E,G)

Autumn fruit crumble
with custard
(G,Mk)

Bread and butter
pudding with custard
(So,Su,Mk,E,G)

Warm sultana flapjack
(Mk,G)

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SOUP STATION 

THE MAIN EVENT

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PASTA BAR

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STREETFOOD

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PERFECT PUDDINGS

Hummus and carrot pots
(Se)
Boost bar (G)
Cheddar cheese roll
(Mk,G)

Watercress and potato
(Ce,Su,Mk)

Creamy chicken and
sweetcorn pie with
shortcrust pastry,
new potatoes and
green beans (Mk,G,Ce)

Roasted Mediterranean
vegetable filo pie with
new potatoes and
green beans
(Mk,G)

Chunky tomato and
fresh torn basil, fusilli
(Mk,G,E)

Spiced Bramley apple
crumble with custard
(G,E,Mk)

Tortilla chips with salsa
(G)
Pizza slice (Mk,G)
Sweet potato wedges
Boost bar (G)

Butternut squash
and bean
(Su,Mu,Mk,Ce)

Traditional Italian beef
lasagne served with a
mixed salad
(Mk,G,E)

Cheese and tomato
wholemeal quiche
served with mixed salad
(Mk,G,E)

Chinese chicken in
black bean with plain
chow mein
(So,Mo,E,G)

Golden syrup sponge
with custard
(Mk,E,G)

Red pepper hummus
with pitta fingers
(Se,G)
Chicken mayonnaise roll
(G,E,Mu)
Boost bar (G)

Cream of broccoli
(Ce,Mk,Su)

Chicken teriyaki with
Singapore noodles
(Su,So,E,G)

Courgette spinach and
tomato cheddar pasta
bake served with
garlic bread 

Four cheese
and spring onion
Conchiglie Pasta
(Mk,G,E)

Lemon
meringue pie
(Su,Mk,E,G)

Crumpet (G)
Scotch pancake
(G,Mk,E)
Cheddar cheese roll
(G,Mk)
Vegetarian quesadilla
(G,Mk,Su,Ce)

Cream of sweet
potato soup
(Ce,Mk,Su)

Shepherd's pie
with crunchy top,
gravy and sweetcorn
(Su,So,Mk,G,Ce)

Quorn shepherd's pie
with creamy mashed
potato topping
and sweetcorn 

Spicy sausage, chilli
and black olive
Farfalle Pasta
(Mk,G,E)

Jam roly poly
with custard
(Mk,G,So,E)

Margherita pizza
(G,Mk)
Apple and sultana pinwheel
(G,E)
Tuna mayonnaise roll
(G,F,E,Mu)

Chunky country vegetable
(Ce,Mk,Su)

Battered pollock fillet with
tartare sauce and lemon
served with oven baked
chips and peas
(F,G,Mu,E,Mk)

Homemade bean and
chickpea burger, salad
and mayonnaise served
with crispy baked potato
wedges (E,G,Se)

Fish finger sub
(Se,Mu,Mk,G,F,E)

Pineapple upside
down cake
(Su,Mk,E,G)

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