



A TASTE OF GREAT | MENU



WEEK 1

MON

TUES

WED

THU

FRI



INDIAN SPICED LENTIL (G)

CHUNKY ITALIAN MINISTRONE (E,G,Ce)

CREAM OF LEEK AND POTATO (Mk)

FRENCH ONION (G)

CARROT AND CORIANDER (none)



HALAL CHICKEN SAUSAGE with gravy creamy mash potatoes, leeks & peas (Su,Mk)

MIXED BEEF CHILLI CON CARNE with steamed rice, carrots and green beans (Mu)

SANCHO POLLO CHICKEN PIECES with spicy rice and bbq beans, peri peri sauce (Mu)

CHICKEN BIRYANI with curry sauce gravy (Su,So,Mu,Mk,G)

BATTERED COD FILLET with oven chips, beans and peas (Mu,Mk,F,E,G)



QUORN SAUSAGE with veggie gravy, creamy mash potato, leeks & peas (Mk,E,G)

FIVE BEAN CHILLI with steamed rice, carrots and green beans (Mu,E,G)

STUFFED PEPPERS WITH CHICKPEA, PILAFF, CUMIN AND FETA with roast potatoes, Mediterranean vegetables and peas (Mk,G)

MACARONI CHEESE CRUNCHY TOPPING with cous cous sweetcorn and broccoli (So,Mk,E,G)

SWEET & SOUR STIR FRIED QUORN with noodles (E,G)



GREEN PESTO AND ROCKET PENNE (G,E)

AFRICAN JOLLOF RICE WITH CHICKEN (G)

LAMB KOFTA WRAP with tzatziki and salad (Mk,E,G)

FIVE SPICE CHICKEN CHOW MEIN with beanshoots (So,E,G)

FISH FINGER DOGS with lemon mayonnaise and battered onion rings (So,F,E,G)



APPLE AND BERRY CRUMBLE served with custard (Mk,G)

LEMON DRIZZLE CAKE (Mk,E,G)

CHOCOLATE CHIP BANANA CAKE (So,Mk,E,G)

JAM SPONGE PUDDING served with custard (Mk,G)

WARM SULTANA FLAPJACK (Su,G)

MEAL DEAL: Main meal and dessert £0.00



LOOK OUT FOR... Jacket potatoes, salad bar available



25TH JAN

BURNS NIGHT SCOTLAND

05TH FEB

CHINESE NEW YEAR NORTHERN IRELAND

01ST MAR

ST DAVID'S DAY WALES

02ND APR

WORLD HEALTH DAY NORTH WEST

ALLERGENS

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



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CHICKEN NOODLE
(E,G)

BROCCOLI
AND STILTON
(Mk)

PEA AND MINT
(Mk)

CREAM OF TOMATO
(Mk)

WINTER VEGETABLE
(Mk,G)



PASTA BOLOGNAISE
with homemade garlic
focaccia, green beans
and cauliflower
(G,E)

CHINESE
CHICKEN STIR FRY
with egg noodles
(So,Mu,E,G,Ce)

BRAISED BEEF AND
VEGETABLE PIE
With new potatoes and
green beans
(G,E,Mk,Ce)

CHICKEN
ROGAN JOSH
with steamed rice
and broccoli
(none)

BATTERED
FISH FILLET
With baked oven chips,
pea & baked beans
(Mu,Mk,F,G)



CHEESY OMELETTE
with peas & potatoes,
homemade garlic focaccia,
green beans & leeks
(Mk,G,E)

VEGETABLE LASAGNE
served with
garlic bread and salad
(Mu,Mk,E,G)

POTATO GNOCCHI
with tomato and
roasted vegetable sauce
chefs salad
(Mk,G,E)

CHEESE & SPINACH
WHOLEMEAL QUICHE
served with
chefs mixed seasonal
salad
(Mk,G,E)

CHUNKY
TOMATO AND BASIL
WHOLEMEAL PASTA
(Mk,G)



THAI GREEN
CHICKEN CURRY
served with steamed rice
(So,G)

CHICKEN PAD THAI
Thai salad and
sweet chilli sauce
(E)

CREAMY MUSHROOM
AND SPINACH
TAGLIATELLE
(G,E)

CHICKEN HOT DOGS
with BBQ sauce and
sweet potato crisps
(Su,Se,Mu,G)

FISH FINGER WRAP
with lemon mayonnaise
and battered onion rings
(So,F,E,G)



EVE'S PUDDING
served with custard
(Mk,G,E)

PINEAPPLE UPSIDE
DOWN CAKE
(Su,Mk,G,E)

APRICOT PIE
with cream
(Mk,G,E)

REDUCED SUGAR
CARROT CAKE
(Mk,G,E)

DOUBLE CHOCOLATE
SPONGE
served with custard
(Su,Mk,G,E)

MEAL DEAL!
Main meal and dessert
£0.00

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RED LENTIL, CHICKPEA AND CHILLI (none)

BUTTERNUT SQUASH AND BEAN (Mu,Mk)

CREAM OF BROCCOLI (Mk)

CREAM OF SWEET POTATO (Mk,Ce)

CHUNKY COUNTRY VEGETABLE (Mk,Ce)



TURKEY AND SWEETCORN PIE with new potatoes, courgette Provençale and broccoli (G,Mk)

SOUTHERN SPICED BREADED CHICKEN with savoury rice, sweetcorn and peas (Mu,E,G)

ROAST CHICKEN with gravy, roast potatoes, carrots and green beans (G)

TRADITIONAL ITALIAN BEEF LASAGNE with garlic focaccia, mixed salad and coleslaw (Mu,Mk,E,G)

BAKED BATTERED FISH FILLET served with oven chips and peas (Mu,Mk,F,G)



MEDITERRANEAN VEGETABLE PAELLA courgette Provençale and broccoli (G)

QUORN, SWEET POTATO AND SPINACH CURRY with rice (Mu,E)

ALOO GOBI cauliflower and potato curry with steamed rice and mango chutney (none)

BUTTERNUT SQUASH & LEEK DAUPHINOISE with garlic focaccia, sweetcorn and coleslaw (Mu,Mk,E,G)

VEGGIE BURGER IN A BUN with oven chips and relishes (Se,G)



SINGAPORE NOODLES with chicken teriyaki (Su,So,E,G)

CHICKEN TAGINE with chick peas and fruity cous cous (Su,G)

CHUNKY ITALIAN TOMATO AND FRESH TORN BASIL FUSILLI (G,E)

CARIBBEAN MANGO CHICKEN RICE BAKE (none)

CHICKEN GYROS with crispy Greek salad flatbread (Mk,G)



JAM SPONGE with custard (Mk,E,G)

ETON MESS (Mk,E)

JAMAICAN GINGER CAKE (Mk,E,G)

CHOCOLATE BROWNIE (Mk,E,G)

SHORTBREAD BISCUIT (Mk,E,G)

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