



A TASTE OF GREAT

M E N U



WEEK 1

MON

TUES

WED

THU

FRI



Cream of leek and potato
(Mk)

Chunky Italian minestrone
(E,G,Ce)

Indian spiced lentil
(G)

French onion
(G)

Carrot and coriander
(None)



BBQ chicken thighs with seasoned wedges and coleslaw
(Su,So,G,Ce,E)

Mexican beef chilli con carne, steamed spicy rice and sour cream
(Mu)

Roast chicken breast, homemade herb stuffing, gravy, served with roast potatoes and steamed broccoli
(So,Mk,E,G)

Chicken Biryani with curry sauce
(Su,So,Mu,Mk,G)

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



Moroccan vegetable and chick pea tagine served with cous cous
(None)

Macaroni and cheese with a crunchy topping, served with a chef's salad
(G,Mk)

Vegan Irish stew
(None)

Chickpea masala with rice and naan
(Mu)

Chinese sweet and sour noodles with stir fried vegetables
(E,So)



Jumbo hot dog with fried onions, sauces and tortilla chips
(E,G,Mk)

Smoky Mexican meatball con carne with chilli rice
(G)

Cajun chicken thighs with seasoned wedges and coleslaw
(Mu,E)

Vegan Kerala cauliflower curry with turmeric rice
(Mu)

Fish finger sandwich with tartare sauce and lettuce
(F,G,Mu,Mk,E,So,Su)



Steamed jam sponge with custard
(G,E,Mk)

Double chocolate brownie
(G,E,Mk)

Banoffee pie
(G,Mk)

Chocolate and vanilla marble cake
(G,E,Mk)

Lemon drizzle cake
(G,E,Mk,Su)

MEAL DEAL!

Main meal and dessert
Please ask for details

LOOK OUT FOR OUR RECIPE of the month!

LOOK OUT FOR...

Jacket potatoes, salad bar and our vegan option



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

WHAT'S ON



16TH SEPT

ITALIAN DAY

SOUTH EAST

01ST OCT

WORLD VEGETARIAN DAY

EAST OF ENGLAND

08TH NOV

WORLD VEGAN DAY

LONDON

04TH DEC

NATIONAL COOKIE DAY

SOUTH 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





A TASTE OF GREAT

M E N U



WEEK 2

MON

TUES

WED

THU

FRI



Broccoli and stilton
(Mk)

Cream of mushroom
(Mk,G)

Pea and mint
(Mk)

Cauliflower, cheddar
and potato

Cream of tomato
(Mk)



Sancho Pollo
chicken fillet served with
spicy rice, sweetcorn
peri peri sauce
(G)

Farm assured sausages
with mashed potatoes and
gravy, green beans
(Su,G,Mk)

Braised beef and
vegetable pie with new
potatoes, broccoli
(E,G,Mk)

Chicken Rogan Josh,
cauliflower and
pilau rice
(G,Su)

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



Vegetable and
chickpea paella
(none)

Vegetarian sausage and
vegetable gravy with
mashed potatoes and
gravy, green beans
(E,G,Mk,Su)

Tomato and
basil pasta
(G)

Sag aloo with
cauliflower and
pilau rice
(Mu,G)

Spicy red pepper and
courgette quesadilla
with sour cream



Sweet and sour stir fried
Quorn with noodles
(G,E)

Cuban style spicy chicken
with rice and peas
(veggie)
(Mk,So,Su)

Veggie mince
bolognaise with
garlic bread
(G,E)

Chinese five spiced
chicken with noodles
(E,So)

Fish finger sandwich
with tartare sauce
and lettuce
(F,G,Mu,Mk,E,So,Su)



Baked apple crumble
with oat crumb
(G,Mk)

Sticky toffee pudding
(G,E,Mk)

Chocolate marble cake
(G,E,Mk)

Banana cake
(G,E,Mk)

Warm sultana flapjack
(Mk)

MEAL DEAL!

Main meal and dessert
Please ask for details

LOOK OUT FOR OUR
RECIPE
of the month!

LOOK OUT FOR:

Jacket potatoes, salad bar and our veggie options

WHAT'S ON



16TH SEPT

ITALIAN DAY

SOUTH EAST

01ST OCT

WORLD VEGETARIAN DAY

EAST OF ENGLAND

08TH NOV

WORLD VEGAN DAY

LONDON

04TH DEC

NATIONAL COOKIE DAY

SOUTH 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

LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!





A TASTE OF GREAT

M E N U



WEEK 3

MON

TUES

WED

THU

FRI



Soup

Watercress and potato (Mk)

Butternut squash and bean (Mu,Mk)

Cream of broccoli (Mk)

Cream of sweet potato (Mk,Ce)

Chunky country vegetable (Mk,Ce)



THE MAIN EVENT

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

Turkey stroganoff with steamed rice and peppers (G,Mk,Mu)

Traditional Italian beef lasagne, served with mixed salad (G,Mk,Su,Ce)

Mild Halal chicken korma with steamed rice (Mu)

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



Edgy Veg

Thai green vegetable curry with lime and coriander rice (G,So)

Vegetarian lasagne with mixed salad (G,E,Mk)

Courgette, spinach and tomato cheddar pasta bake served with garlic bread (G,Mk)

Spinach, potato and chick pea curry with steamed rice (none)

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



GLOBAL Eats

All in one Vegan sweet potato Thai Curry with noodles (none)

Spicy lamb skewers with pitta bread, tzatziki and Greek salad (Mk,G)

Sancho Pollo chicken wings with spicy rice and corn (none)

Chinese chicken curry with rice (none)

Fish finger sandwich with tartare sauce and lettuce (F,G,Mu,Mk,E,So,Su)



PERFECT PUDDINGS

Spiced Bramley apple crumble with custard (G,Mk)

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

Lemon posset (Mk)

Chocolate sponge with chocolate custard (G,E,Mk)

Carrot cake (G,E,Mk)

MEAL DEAL!

Main meal and dessert. Please ask for details.

LOOK OUT FOR OUR RECIPE of the month!

LOOK OUT FOR...

Jacket potatoes, salad bar and our vegan option

LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

WHAT'S ON



16TH SEPT

ITALIAN DAY

SOUTH EAST

01ST OCT

WORLD VEGETARIAN DAY

EAST OF ENGLAND

08TH NOV

WORLD VEGAN DAY

LONDON

04TH DEC

NATIONAL COOKIE DAY

SOUTH WEST

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

