

# MAIN MEALS

Week Commencing 1st Sep, 22nd Sep,  
13th Oct, 3rd Nov, 24th Nov, 15th Dec

AUTUMN MENU  
WEEK ONE



MON

TUE

WED

THU

FRI

Chicken Tikka Masala  
with Mango Chutney  
(Mu)

Vegetable Tikka Masala  
with Mango Chutney  
(Mu)

Wholemeal Pilau Rice  
Spicy Roasted Cauliflower

Extras: Naan Bread (G)

Roast Chicken with  
Stuffing & Herb Gravy (G)

Creamy Butternut &  
Vegetable Pie With  
Crunchy Crust (G,Mk)

Crunchy Roast Potatoes  
Savoy Cabbage & Carrots

Quarter Pound Beef  
Burger in a Bun (G,Se)

or

Hot Honey Chicken  
Burger in a Bun (G,Se)

Crispy Falafel Burger in a  
Bun (G,Se)

Oven Baked Wedges  
Crunchy Seasonal Salad

Jamaican Jerk Chicken  
with Jerk Gravy

Jamaican Jerk Eat Curious  
with Jerk Gravy

Coconut Rice & Peas  
Caribbean Coleslaw  
(E,Mk,So)

Battered Fish Fillet  
(G,F)

Crispy Chicken Tenders  
(G,Ce,Mk,Mu,Se)

Cheese & Onion Pasty  
(G,Mk)

Chips  
Peas  
Baked Beans

## Meal-Deal

Don't forget to pick up your whole Meal Deal!

**HOT MEAL / BAP + DESSERT / FRUIT**

## JACKET POTATOES

MON

TUE

WED

THU

FRI

Cheese and  
Beans  
(Mk)

Tuna  
Sweetcorn  
Mayonnaise  
(F,E)

Cheese and  
Beans  
(Mk)

Tuna  
Sweetcorn  
Mayonnaise  
(F,E)

Cheese and  
Beans  
(Mk)

## DESSERTS

MONDAY

Cinnamon Cake (G,E)

TUESDAY

Vanilla Cake with Custard (G,E,Mk)

WEDNESDAY

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

THURSDAY

Chocolate Brownie (G,Mk,E)

FRIDAY

Ice-cream Tub (Mk)



## HOT WRAPS

MONDAY

BBQ Chicken  
(G)

TUESDAY

Hot n Spicy Chicken  
(G)

WEDNESDAY

Per Peri Chicken  
(G)

THURSDAY

Cajun Chicken

FRIDAY

Fish Finger  
(G,F)



## ALLERGENS

*we're allergy gurus!*

*Speak to one  
of our chefs if  
you have any  
allergies.*

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



# MAIN MEALS

Week Commencing 8th Sep, 29th Sep ,  
20th Oct , 10th Nov, 1st Dec, 22nd Dec

AUTUMN MENU  
WEEK TWO



MON

TUE

WED

THU

FRI

Penne Bolognese Pasta  
Bake **(G,Mk)** with Garden  
Salad

Mediterranean Vegetable  
Lasagne **(G,Mk)** with  
Garden Salad

Baked Potato Wedges  
Steamed Seasonal Greens

**Extras:** Garlic Bread  
**(G,Mk,So)**

Butchers Sausages with  
Caramelised Onion Gravy  
**(G,Su)**

Grilled Veggie Sausages  
with Caramelised Onion  
Gravy **(G,Ce)**

Creamy Mashed Potatoes  
Roasted Broccoli

Aziz's Chicken Biryani  
**(Mk,Mu)**

Served With:  
Roasted Cauliflower  
Onion Salad

Chickpea & Vegetable  
Biryani  
**(Mk,Mu)**

Served With:  
Roasted Cauliflower  
Onion Salad

Mucho Mexican Chicken  
Burrito Bowl **(G,Mk,Mu)**

Mucho Mexican Eat  
Curious Vegetable Burrito  
Bowl **(G,Mk,Mu)**

Zesty Lime Rice  
Spicy Pinto Beans **(G)**

Extras: Tortilla Chips

Battered Fish Fillet **(G,F)**

Wholemeal Salmon &  
Spinach Pasta

**(F,G,Mk)**

Crispy Vegetable Samosa  
with Mango Chutney  
**(G,Mu)**

Chips  
Peas  
Baked Beans

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Don't forget to pick up your whole Meal Deal!

**HOT MEAL / BAP + DESSERT / FRUIT**

## JACKET POTATOES

MON

TUE

WED

THU

FRI

Cheese and  
Beans  
**(Mk)**

Tuna  
Sweetcorn  
Mayonnaise  
**(F,E)**

Cheese and  
Beans  
**(Mk)**

Tuna  
Sweetcorn  
Mayonnaise  
**(F,E)**

Cheese and  
Beans  
**(Mk)**

## DESSERTS

MONDAY

Jamaican Ginger Cake **(G,E,Mk)**

TUESDAY

Pineapple upside down Cake **(G,Mk,E)**

WEDNESDAY

Lemon Drizzle  
**(G,E,Mk,Su)**

THURSDAY

Marble Cake **(G,E,Mk)**

FRIDAY

Ice Cream Tub **(Mk)**



## HOT WRAPS

MONDAY

BBQ Chicken  
**(G)**

TUESDAY

Hot n Spicy Chicke  
**(G)**

WEDNESDAY

Peri Peri Chicken  
**(G)**

THURSDAY

Cajun Chicken  
**(G)**

FRIDAY

Fish Finger  
**(G,F)**



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**So** = Soya  
**Su** = Sulphur Dioxide



# MAIN MEALS

Week Commencing 15th Sep, 6th Oct,  
27th Oct, 17th Nov, 8th Dec

AUTUMN MENU  
WEEK THREE



MON

TUE

WED

THU

FRI

Chicken and Leek Pie  
with Puff Pastry  
(G,Mk)

Served With:  
Steamed Broccoli  
New potatoes

Baked Mac and Cheese  
with a Crunchy Topping  
(G,So,Mk)

Served With:  
Steamed Broccoli

Open Beef Burrito:  
Wholemeal Coriander Rice  
Peppers & Sweetcorn  
Sour cream  
Tortilla  
Salad  
(G,Mk,Mu)

Open Vegetable & Bean  
Burrito:  
Wholemeal Coriander Rice  
Peppers & Sweetcorn  
Sour cream  
Tortilla  
Salad  
(G,Mk,Mu)

BBQ Chicken Leg (Su)

Served With:  
Spiced Roast Potatoes  
Sweetcorn  
Coleslaw (E)

Chickpea , Potato &  
Spinach Curry

Steamed Wholemeal Rice  
(Mu)

Classic Italian Beef Lasagne  
(G,Mk)

Served With:  
Chef's Salad  
Garlic Bread Slice (G)  
Whole Green Beans

Veggie Bolognese  
(So,G)

Served With:  
Spaghetti (G)  
Chefs Salad  
Garlic Bread Slice (G)  
Whole Green Beans

Battered Fish Fillet (G,F)  
or  
Battered Sausage (G,Su)  
or  
BBQ Veggie Hotdog  
(G,So,Su)

Served With:  
Oven Baked Chips  
Garden Peas or Baked Beans  
Chunky Tartare Sauce (E)  
Ketchup  
Lemon

Meal-Deal

Don't forget to pick up your whole Meal Deal!

HOT MEAL / BAP + DESSERT / FRUIT

## JACKET POTATOES

MON

TUE

WED

THU

FRI

Cheese and  
Beans  
(Mk)

Tuna  
Sweetcorn  
Mayonnaise  
(F,E)

Cheese and  
Beans  
(Mk)

Tuna  
Sweetcorn  
Mayonnaise  
(F,E)

Cheese and  
Beans  
(Mk)

## DESSERTS

MONDAY

Apple and Mixed Berry Crumble  
(G,E,Mk,So)

TUESDAY

Fruity Flapjack (G,Mk)

WEDNESDAY

Carrot Cake (G,E,Mk)

THURSDAY

Banana sponge (G,E,Mk)

FRIDAY

Ice-Cream Tub (Mk)



## HOT WRAPS

BBQ Chicken  
(G)

TUESDAY

Hot n Spicy Chicken  
(G)

WEDNESDAY

Per Peri Chicken  
(G)

THURSDAY

Cajun Chicken  
(G)

FRIDAY

Fish Finger  
(G,F)



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