

# MAINS MEALS

05/01/25 - 26/01/26  
23/02/26 - 16/03/26

SPRING MENU  
WEEK ONE

MON

TUE

WED

THU

FRI

Chicken Rogan Josh  
with Mango Chutney  
(Mu)

Creamy Sweet Potato &  
Coconut Curry  
(Mk,So)

Wholemeal Pilau Rice  
Spicy Roasted Cauliflower

Extras: Naan Bread (G)

Meatballs in Tomato Sauce  
served with Penne Pasta &  
Salad  
(G,E)

Wholemeal Cheese &  
Tomato Quiche  
Served with new potatoes &  
Salad  
(G,E,Mk)

Lemon & Herb Roast  
Chicken with Gravy  
(G)

Crunchy Roast Potatoes  
Savoy Cabbage & Carrots

Baked Mac n Cheese with a  
crunchy topping  
(G,Mk,So)

Garlic Bread  
(G,Mk,So)

Beef Burger in a soft bun  
(G,So,Su,Se)

Homemade Bean & Chickpea  
Burger  
(E,G,Mu,Su,Se)

Served with:  
Cajun Spiced New Potatoes  
Sweetcorn  
Coleslaw (E)  
Sliced Pickles  
Lettuce  
Tomato

Battered Fish Fillet (G,F)

Baked Chicken Sausage Roll  
(G,E,Su)

Cheese & Onion Pasty  
(G,Mk,E)

Oven Baked Chips  
Garden 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

Cherry Pancake (G,E,Mk)

TUESDAY

Pear & Chocolate Sponge (G,E,Mk)

WEDNESDAY

Apple & Berry Crumble  
(G,Mk,Su)

THURSDAY

Lemon & Blueberry Cheesecake bar (G,Mk,E)

FRIDAY

Ice-cream Tub (Mk)

MONDAY

BBQ Chicken  
(G)

TUESDAY

Hot n Spicy Chicken  
(G)

WEDNESDAY

Per Peri Chicken  
(G)

THURSDAY

Lemon & Pepper  
(G)

FRIDAY

Tandoori  
(G,Mk)

### 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



**LOOK OUT  
FOR DAILY  
★ THEME BARS ★  
& SALAD BAR!**



**HOT WRAPS**



# MAINS MEALS

12/01/26 - 02/02/26  
02/03/26 - 23/03/26

SPRING MENU  
WEEK TWO

MON

TUE

WED

THU

FRI

Classic Spaghetti Bolognaise  
(G) Served with Garden Salad

Mediterranean Vegetable Lasagne (G,Mk) with Garden Salad

Steamed Seasonal Greens  
Garlic Bread (G,Mk,So)

Chicken Sausages with Caramelised Onion Gravy (G,Su)

Creamy Champ Mashed Potatoes (Mk)  
Green Beans

Vegan Cottage Pie served with Green Beans (Ce,So)

Aziz's Chicken Biryani (Mk,Mu)

Served With:  
Roasted Cauliflower Onion Salad

Chickpea & Vegetable Biryani (Mk,Mu)

Served With:  
Roasted Cauliflower Onion Salad

Mexican Lamb & Mixed Bean Chilli (none)

Mexican Bean & Vegetable Burrito (G,Mk)

Zesty Lime Rice  
Sour Cream (Mk)

Extras: Tortilla Chips (So)

Battered Fish Fillet (G,F)

Wholemeal Salmon & Sweetcorn Pasta (F,G,Mk)

Crispy Vegetable Samosa with Mango Chutney (G,Mu)

Oven Baked Chips  
Garden Peas  
Baked Beans

Meal Deal

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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 & Raisin Sponge (G,E,Mk)

TUESDAY

Roasted Pineapple & Ginger Cake (G,Mk,E)

WEDNESDAY

Lemon Drizzle (G,E,Mk,Su)

THURSDAY

Fruity, Oaty Flapjack (G,Mk,So)

FRIDAY

Ice Cream Tub (Mk)

MONDAY

BBQ Chicken (G)

TUESDAY

Hot n Spicy Chicken (G)

WEDNESDAY

Per Peri Chicken (G)

THURSDAY

Lemon & Pepper (G)

FRIDAY

Tandoori (G,Mk)

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& SALAD BAR!



HOT WRAPS



# MAINS MEALS

19/01/26 - 09/02/26  
09/03/26

SPRING MENU  
WEEK THREE



LOOK OUT  
FOR DAILY  
★ THEME BARS ★  
& SALAD BAR!



HOT WRAPS

MONDAY

BBQ Chicken  
(G)

TUESDAY

Hot n Spicy Chicken  
(G)

WEDNESDAY

Peri Peri Chicken  
(G)

THURSDAY

Lemon & Pepper  
(G)

FRIDAY

Tandoori  
(G,Mk)

MON

TUE

WED

THU

FRI

Sweet & Sour Chicken Served  
With  
Soy & Ginger noodles  
(G,E,So,Su)

Prawn Crackers (Cr,Su)  
Asian Salad

Sweet & Sour Quorn  
Served with  
Soy & Ginger Noodles  
(G,E,So,Su)

Classic Shepherds Pie  
(Ce,Mk,So)

Served With:  
Steamed Carrots

Vegan Puy Lentil Shepherds  
Pie  
(Ce)

Served With:  
Steamed Carrots

Grilled Piri Piri Chicken (Ce)  
Served With  
Spicy Rice

Coleslaw (E)

Cauliflower, Potato and  
Chickpea Curry  
(none)

Steamed Wholemeal Rice

Baked Lamb Lasagne  
(G,Mk)

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

Vegan Lentil Bolognese (Ce)  
Served with: Spaghetti (G)  
Chefs Salad  
Garlic Bread Slice (G,Mk,SO)  
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

Eves Pudding  
(G,E,Mk)

TUESDAY

Vegan Banana Flapjack (G)

WEDNESDAY

Carrot Cake (G,E,Mk)

THURSDAY

Trifle (Mk)

FRIDAY

Ice-Cream Tub (Mk)

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