

# MENU WEEK 1

MON

TUES

WED

THUR

FRI

# SPICE IT UP!

TRY SOMETHING NEW WITH  
OUR FLAVOUR OF THE MONTH

## MAIN

LIVE YOUR BEST LUNCH!

Italian beef bolognaise with penne, parmesan cheese and Caesar salad  
(Su, So, Mu, Mk, E, G, Ce)

BBQ pulled pork in a bun with crispy potato wedges and coleslaw  
(Se, Mu, Mk, E, G)

Roast Norfolk turkey breast homemade apple and herb stuffing, gravy, served with roast potatoes and steamed broccoli  
(Mk, G)

Sancho Pollo chicken pieces served with spicy rice and BBQ beans, add your own Peri Peri sauce  
(None)

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

## EDGY VEG

MEAT FREE FEASTS!

Moroccan vegetable and chick pea tagine served with cous cous  
(G, So)

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

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

Italian potato gnocchi with a vegetable Ratatouille sauce served with homemade focaccia  
(Mk, E, G)

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

## PERFECT PUDS

SWEET TREAT!

Cherry muffin  
(G, Mk, E, Su)

Fruit flapjack  
(G, Mk)

Shortbread  
(G, Mk)

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

Lemon drizzle cake  
(G, Mk, E)

SEPTEMBER  
FENNEL SEED

ITALIAN DAY  
THURSDAY 24TH

OCTOBER  
TURMERIC

INDIAN DAY  
THURSDAY 15TH

NOVEMBER  
CARDAMOM

BONFIRE NIGHT  
THURSDAY 5TH

DECEMBER  
CINNAMON

NATIONAL COOKIE DAY  
THURSDAY 3RD

LOOK  
OUT

Special Day's and themes

## 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

# MENU WEEK 2

MON

TUES

WED

THUR

FRI

# SPICE IT UP!

TRY SOMETHING NEW WITH  
OUR FLAVOUR OF THE MONTH

## MAIN

LIVE YOUR BEST LUNCH!

Chicken Rogan  
Josh, mango  
chutney  
and pilau rice  
(Mk)

Farm assured pork  
sausages with  
mashed potatoes  
and baked beans  
(Su,Mk,E,G)

Jerk chicken leg  
with rice and peas

Chinese sweet  
chilli turkey noodle  
stir fry with  
vegetables  
(E,G)

MSC cod baked  
fish fingers  
homemade tartare  
sauce, served with  
baked oven chips  
(Mu,Mk,F,E,G,Su)

## EDGY VEG

MEAT FREE FEASTS!

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

Vegetarian sausage  
and vegetable gravy  
(So,G,Mk)

Fresh Italian  
dough pizza  
topped with  
mozzarella and  
tomato, served  
with a chef's salad  
(Mk,E,G)

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

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

## PERFECT PUDS

SWEET TREAT!

Blueberry Muffin  
(G, E, Mk)

Chocolate sponge  
(G,Mk,E,So)

Upside down  
Pineapple Cake  
(Mk,G, E,Su)

Chocolate  
chip cookie  
(G,E, Mk,So)

Warm sultana  
flapjack  
(Mk,G, So)

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## MAIN

LIVE YOUR BEST LUNCH!

Thai Green Chicken Curry with lemon and coriander rice with Naan bread

(G,So,Mk)

Traditional Italian beef lasagne, served with mixed salad

(Mk,G,E)

Roast chicken leg, gravy, roast potatoes and broccoli

(G)

St Georges Beef stew with new potatoes

(G,Ce)

Battered pollock fillet with tartare sauce and lemon, served with oven baked chips and peas

(Mu,Mk,F,E,G)

## EDGY VEG

MEAT FREE FEASTS!

Roasted Mediterranean vegetable filo pie served with new potatoes and green beans

(Mk,G)

Vegetarian lasagne with mixed salad

(Mk,G,E)

Courgette, spinach and tomato cheddar pasta bake served with garlic bread

(Mk,E,G,So)

Vegan Irish stew with new potatoes

(So,Ce)

Homemade bean and chick pea burger, salad and mayonnaise served with crispy baked potato wedges

(Se,E,G)

## PERFECT PUDS

SWEET TREAT!

Spiced Bramley apple crumble cake

(Mk,G,E)

Golden syrup sponge

(Mk,E,G)

Lemon Poppy seed muffin

(Mk,E,G)

Carrot Cake

(Mk,E,G)

Pineapple upside down cake

(Su,Mk,E,G)

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# MENU WEEK 4

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## MAIN

LIVE YOUR BEST LUNCH!

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

Savoury sausage  
meat puff pastry  
plait,  
mash potatoes  
and baked beans  
(Su,Mk,E,G)

Roast chicken  
with gravy, sage  
and onion stuffing,  
roast potatoes and  
broccoli  
(G)

Chicken baked  
enchiladas, served  
with rice and  
sweetcorn  
(G,So)

Fisherman's pie  
with cheesy topped  
mash served  
with peas  
(Mk,F,G)

SEPTEMBER  
FENNEL SEED

ITALIAN DAY  
THURSDAY 24TH

## EDGY VEG

MEAT FREE FEASTS!

Vegetable  
quesadilla with sour  
cream and crunchy  
potato wedges  
(Mu,Mk,G)

Vegetarian puff  
pastry sausage roll,  
mash potatoes and  
baked beans  
(So,Mk,E,G)

Tomato and  
basil risotto  
(Mk,E)

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

Quorn and  
vegetable sweet  
chill sauce  
served with rice  
(E)

OCTOBER  
TURMERIC

INDIAN DAY  
THURSDAY 15TH

## PERFECT PUDS

SWEET TREAT!

Lemon blondie  
(Mk,E,G)

Sticky toffee  
pudding  
with toffee sauce  
(Su,Mk,E,G)

Oat & Raisin  
Cookies  
(Mk,G, E)

Cornflake tart  
(Mk,E,G)

Iced chocolate  
Sponge  
(Mk,E,G,So)

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