

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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MENU WEEK 3

MON

TUES

WED

THUR

FRI



TRY SOMETHING NEW WITH
OUR FLAVOUR OF THE MONTH

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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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)

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)

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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