

Menu week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Shepherd's Pie with Mixed Vegetables & Gravy	Chicken Korma with Vegetable Rice	Beefburger in a Bun with Baked Beans and Mixed Salad	BBQ Hot Chicken Wrap served with Mixed Salad & Coleslaw	Breaded Fish Fillet with Jacket Wedges, Peas or Beans
Vegetable Hotpot with Mixed Vegetables & Gravy	Vegetable Samosa with Vegetable Rice, Sweet Chilli Sauce	Vegetable Burger in a Bun with Baked Beans and Mixed Salad	Quorn Chicken Wrap served with Mixed Salad & Coleslaw	Vegetable Fingers with Jacket Wedges, Peas or Beans
Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Beef Chilli Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Chicken Mayo Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Quorn Bolognese Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo BBQ Chicken Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Salad
Pasta Tomato & Herb with Mixed Salad	Macaroni Cheese with Mixed Salad	Pasta With a Creamy Chicken & Herb Sauce served with Mixed Salad	Pasta With Quorn Sausage in a Cajun Sauce with Mixed Salad	Pasta With BBQ Chicken Sauce with Mixed Salad
Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots

Sandwiches, Baguettes and Pasta & Salad Pots

A Selection of Freshly filled Sandwiches, Rolls, Baguettes and Wraps, Pasta and Salad Pots will be available everyday

Drinks

A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk is available on a daily basis.

Allergen information

If you have a question about the allergen content of any menu item, please ask a member of staff to show you the recipe card.

Menu week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pie served with Garden Peas, Gravy	Pork Meatballs with Vegetable Rice	Chicken & Vegetable Pie with Mash, Mixed Vegetables & Gravy	Lamb Rogan Josh with Vegetable Rice	Fish Fingers with Herb Diced Potatoes, Peas or Beans
Vegetable Hot Pot served with Peas, Vegetarian Gravy	Vegetable Sweet Chilli Noodles	Cheese & Onion Bake with Mash, Mixed Vegetables and Vegetarian Gravy	Quorn Chicken Korma with Vegetable Rice	Vegetable Burger with Herb Diced Potatoes, Peas or Beans
Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Chicken & Mayo Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Coleslaw Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Beef Chilli Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Salad
Pasta Arrabiatta Sauce with Mixed Salad	Pasta Tomato & Basil Sauce with Mixed Salad	Pasta With a Creamy Chicken & Bacon Sauce served with Mixed Salad	Pasta With Quorn Bolognese Sauce with Mixed Salad	Pasta Macaroni Cheese with Mixed Salad
Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots

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Vegetable Hot Pot served with Peas, Vegetarian Gravy	Vegetable Sweet Chilli Noodles	Cheese & Onion Bake with Mash, Mixed Vegetables and Vegetarian Gravy	Quorn Chicken Korma with Vegetable Rice	Vegetable Burger with Herb Diced Potatoes, Peas or Beans
Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Chicken & Mayo Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Coleslaw Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Beef Chilli Salad	Jacket Potato with a choice of one filling Cheese, Beans, Tuna Mayo Salad
Pasta Arrabiatta Sauce with Mixed Salad	Pasta Tomato & Basil Sauce with Mixed Salad	Pasta With a Creamy Chicken & Bacon Sauce served with Mixed Salad	Pasta With Quorn Bolognese Sauce with Mixed Salad	Pasta Macaroni Cheese with Mixed Salad
Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots	Choice of desserts, Yoghurts, Fresh Fruit, Biscuits & Cakes, Fruit Jelly, Cheese & Crackers & Fruit Pots

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DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CAKES BISCUITS														
Tuna Salad (example)														
FLAPJACK		✓												
SPONGE		✓		✓										
BISCUITS		✓												
SHORTBREAD		✓												
MUFFINS		✓		✓										

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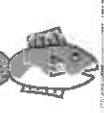
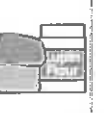
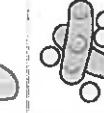
DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)														
YOGHURTS		✓					✓						✓	
CHEESE + CRACKERS		✓					✓							
JELLY														
CHEESE CAKE		✓					✓							
FRUIT POTS														

Review date:

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DISHES AND THEIR ALLERGEN CONTENT - (INSERT THE NAME OF YOUR FOOD BUSINESS HERE) KSA

DISHES														
WEEK-1	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (vegetarian)				✓	✓		✓							
MONDAY - SHEPHERDS PIE	✓												✓	
PEAS														
GRAVY	✓												✓	
VEGETABLE HOT POT	✓	✓											✓	
MIXED VEG														
VEGETARIAN GRAVY	✓	✓											✓	
PASTA		✓												
TOMATO + HERB SAUCE														

Review date:

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DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

DISHES														
WEEK 1	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
TUESDAY														
Tuna Salad (example)														
CHICKEN KORMA							✓		✓	✓	✓			
RICE														
MACARONI CHEESE		✓					✓		✓					
VEGETABLE SAMOSA		✓											✓	
SWEET CHILLI SAUCE														
RICE														
AKT POTATO CHEESE BEANS							✓							
TUNA MAYO				✓	✓									
CHICKEN MAYO				✓										

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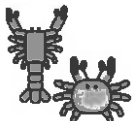
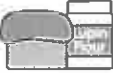
DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

DISHES														
WEEK 1 WEDNESDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)				✓	✓		✓							
BEEFBURGER IN A BUN		✓												
VEGETABLE BURGER IN A BUN		✓												
CHEESE BEANS							✓							
TUNAT MAYO				✓	✓									
QUICK BALCHNESE PASTA				✓										
CREAMY CHICKEN		✓					✓		✓					
		✓												

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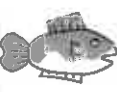
DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

DISHES														
WEEK 1	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
THURSDAY														
Tuna Salad (example)				✓	✓		✓							
BBQ CHICKEN WRAP		✓							✓					
QUORN CHICKEN WRAP		✓		✓										
COLESLAW				✓										
CHEESE							✓							
BEANS														
TUNA MANO				✓	✓									
BBQ CHICKEN		✓							✓					
CAJUN QUORN	✓	✓		✓										

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DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

DISHES														
WEEK 1	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
FRIDAY														
Tuna Salad (example)														
BREADED FISH		✓			✓									
JACKET WEDGES														
PEAS														
BAKED BEANS														
VEGETABLE FINGERS		✓												
PASTA		✓												
BEG CHICKEN		✓							✓					

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DISHES AND THEIR ALLERGEN CONTENT -

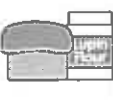
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DISHES AND THEIR ALLERGEN CONTENT - (INSERT THE NAME OF YOUR FOOD BUSINESS HERE)

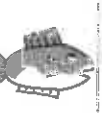
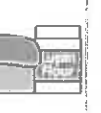
KSA

DISHES														
WEEK 2 MONDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)														
MINCED BEEF LASAGNE SALAD	✓	✓		✓			✓		✓					
CARLIC BREAD		✓												
JACKET POTATO														
CHEESE							✓							
BEANS														
TUNA MAYO				✓	✓									
BEEF CHILI CON CARNE	✓													
VEGETABLE LASAGNE	✓	✓		✓			✓		✓					

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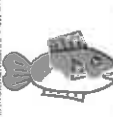
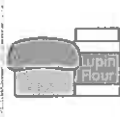
DISHES AND THEIR ALLERGEN CONTENT - (INSERT THE NAME OF YOUR FOOD BUSINESS HERE)

DISHES														
WEEK 2 TUESDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)				✓	✓		✓		✓					
CHICKEN TIKKA CURRY														
VEGETABLE RICE														
VEGETABLE SPRING ROLL		✓		✓			✓						✓	
CURRY SAUCE *		✓					✓					✓	✓	
JACKET POTATO														
CHEESE							✓							
BEANS														
TUNA + MAYO				✓	✓									
PERI PERI CHICKEN														

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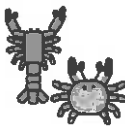
DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

DISHES														
WEEK 2 TUESDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]				✓	✓		✓		✓					
PASTA		✓												
TOMATO + BASIL														
MIXED SALAD														

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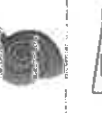
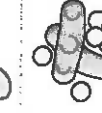
DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK 2 WEDNESDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BEEF + VEG PASTY		✓					✓						✓	
MASHED POTATO														
GREEN BEANS														
GRAVY													✓	
VEGETABLE PASTY MASH		✓					✓						✓	
VEGETARIAN GRAVY	✓	✓											✓	
PASTA		✓												
CREAMY CHICKEN + BACON		✓					✓		✓					
MIXED SALAD														

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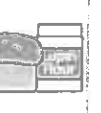
DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK 2	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
WEDNESDAY														
Three baked (oven baked) JACKET POTATO														
CHEESE							✓							
BEANS														
TUNA + MAYO				✓	✓									
QUORN BOLOGNESE				✓										
MIXED SALAD														

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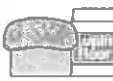
DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK 2 THURSDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Example (example) PIZZA		✓			✓		✓							
MEAT, FISH					✓		✓							
PIZZA VEGETARIAN		✓					✓							
MIXED SALAD														
COLESLAW				✓										
JACKET POTATO														
CHEESE							✓							
BEANS														
TUNA MAYO				✓	✓									
BEEF CHILLI	✓													

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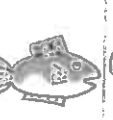
DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-2 THURSDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
One dish (example): PASTA		✓												
QUORN BOLOGNESE	✓			✓										
MIXED SALAD														

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DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-2 FRIDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Thyme Salad (example)														
SALMON FINGERS		✓			✓									
HERB DICED POTATOES		✓												
PEAS														
BAKED BEANS														
QUORN DIPPERS				✓										
HERB DICED POTATOES		✓												
PEAS														
BAKED BEANS														

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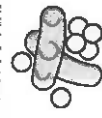
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DISHES														
WEEK-2 FRIDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Time based [example]														
PASTA SAUCE		✓												
TOMATO + HERB														
JACKET POTATO														
TUNA					✓									
CHEESE							✓							
BAKED BEANS														
MIXED SALAD														

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DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-3 MONDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)													✓	
COTTAGE PIE	✓												✓	
GARDEN PEAS														
GRAVY													✓	
VEGETABLE HOT POT														
VEGETARIAN GRAVY	✓	✓											✓	
JACKET POTATO														
CHEESE							✓							
BAKED BEANS														
TUNA + MAYO				✓	✓									

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
WEEK-3 MONDAY														
Time Served (example):														
PASTA		✓												
ARRABIATTA SAUCE														
MIXED SALAD														

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
WEEK-3 TUESDAY PORK Other safe examples: MEATBALLS		✓												
TOMATO SAUCE														
VEGETABLE RICE														
VEGETABLE SWEET CHILLI NOODLES.		✓												
JACKET POTATO														
CHEESE							✓							
BAKED BEANS														
CHICKEN + MAYO MIXED SALAD				✓										

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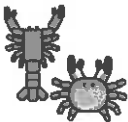
DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-3 TUESDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]														
PASTA		✓												
TOMATO + BASIL SAUCE														

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
WEEK-3 WEDNESDAY														
Tuna Salad [example]														
CHICKEN + VEG PIE	✓			✓									✓	
MASH														
MIXED VEG														
GRAVY													✓	
CHEESE+ONION PASTY		✓		✓			✓		✓					
MASH														
MIXED VEG														
VEGETARIAN GRAVY	✓	✓											✓	

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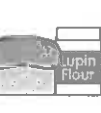
DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-3 WEDNESDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad [example]														
JACKET POTATO														
CHEESE							✓							
BEANS														
TUNA + MAYO				✓	✓									
COLESLAW														
PASTA		✓												
CREAMY CHICKEN + BACON SAUCE		✓					✓		✓					
MIXED SALAD														

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DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-3 THURSDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)														
LAMB ROGAN JOSH									✓	✓		✓		
VEGETABLE RICE														
QUORN KORMA							✓		✓					
JACKET POTATO														
CHEESE 							✓							
BEANS														
TUNA MAYO		✓		✓	✓									
BEEF CHILLI	✓													
MIXED SALAD														

Review date:

Reviewed by:

DISHES AND THEIR ALLERGEN CONTENT -

DISHES														
WEEK-3 FRIDAY	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Tuna Salad (example)														
FISH FINGERS		✓			✓									
HERB POTATOES		✓												
PEAS														
BEANS														
VEGETABLE BURGER				✓										
MACARONI CHEESE		✓					✓		✓					
MIXED SALAD														

Review date:

Reviewed by: