

SPRING MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

JERK CHICKEN WITH
RICE & PEAS

TUSCAN CHICKEN
WITH PAPRIKA
WEDGES
(G/W)

BEEF & LENTIL
COTTAGE PIE WITH
SEASONAL GREEN
VEGETABLES & GRAVY
(G/B*, W*)

BAKED BBQ CHICKEN
WINGS WITH BROWN
RICE & SEASONAL
VEGETABLES

PEPPERONI PIZZA &
CHIPS
(CE*, E*, MK, MU*,
SO*, G/W)

ROOTS & SHOOTS

JERK VEGETABLE
WRAP WITH WEDGES
(G/W)

CHEESY ROASTED
SQUASH & ROOT
VEGETABLE LASAGNE
WITH CHEF'S SALAD
(E*, MK, G/W)

SWEET POTATO &
SQUASH SHEPHERD'S
PIE WITH SEASONAL
VEGETABLES & GRAVY
(CE, MK, G/B, W)

VEGGIE MEATBALLS
WITH STEAMED RICE,
GRAVY & PEAS
(CE*, E*, MK, MU*,
SE*, SO, G/B, W)

CHEESY VEGGIE
CHILLI DOG & CHIPS
(E, MK, MU, SE*, SO*,
G/B, O*, R*, W)

PASTA POPINA

TOMATO & BASIL
PASTA
(G/W)
TV

CREAMY CAJUN
PASTA
(MK, MU, G/W)

TOMATO & PESTO
PASTA
(G/W)
TV

CREAMY CARBONARA
(MK, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
TV

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

PUD

CARAMEL APPLE
CRUMBLE WITH
CUSTARD
(MK, G/W)

STICKY TOFFEE
PUDDING
(E, MK, G/W)

CHOCOLATE &
ORANGE MARBLE
CAKE
(E, MK, SO*, G/W)

BANANA &
BERRY LOAF
(E, MK, SO*, G/W)

ORANGE &
CRANBERRY SPONGE
(E, MK, SO*, G/W)

MEAL DEAL

Theme Days



ALLERGENS KEY:

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SE = SESAME
SO = SOYA
SU = SULPHUR DIOXIDE

* = MAY CONTAIN