

WEEKLY MENU

WEEK BEGINNING 31 Aug 26



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main	Slow cooked Beef Bolognaise	Chinese Pork	Paragon Chicken Curry	BBQ Chicken Thigh	Pork Sausage Hotdog With Caramelized Onions
Vegetarian Main	Spinach And Ricotta Cannelloni	Lentil Dhal	Chickpea and Spinach Korma	Sweet potato and Pea Falafel	Lightly spiced Roasted Vegetable Cous Cous
Sides	Plain Wholemeal pasta Olive oil Mixed Vegetables	Noodles Broccoli Garlic Green Beans	Brown Rice Naan Bread Mango Chutney Sweetcorn	Roasted New Potatoes Spring Greens	Chips Corn on the Cob
Salad Bar	Caprese Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Red Cabbage Slaw Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Lentil and Mint Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Corn and Avacado Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Greek Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles
Available Daily	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar
Dessert	Jam and Coconut Sponge	Greek yoghurt Bar Freshly cut Fruit	Paragon mess	Greek Yoghurt Bar Freshly Cut Fruit	Freshly Cut Fruit



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

WEEKLY MENU

WEEK BEGINNING
7 Sept 26



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main	Chicken, Pesto and Spinach Pasta	Wholemeal Pepperoni Pizza	Beef Chilli With Kidney Beans	Lemon And Herb Chicken Thigh	Fishcake
Vegetarian Main	Vegan Meatball, Arrabiata Sauce	Wholemeal Margherita Pizza	Mexican Roasted pepper and Bean Quesadillas	Mushroom and Lentil Wellington	Spinach and Feta Slice
Sides	Wholemeal Pasta with Olive Oil Mixed Vegetables	Caesar Salad	Brown Rice Nachos Sweetcorn	Roasted Garlic New Potatoes Spring Greens Onion Gravy	Oven Baked Chips Baked Beans Peas
Salad Bar	Panzanella Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Rainbow Coleslaw Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Green Lentil And Pea Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Beetroot and Feta Salad Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles	Lemon And Chive Coleslaw Tomato,Cucumber, lettuce, Crudites, carrot, olives and Pickles
Available Daily	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar
Dessert	Syrup Sponge Freshly cut Fruit	Greek Yoghurt Bar Freshly Cut Fruit	Seeded Cherry Flapjack Freshly cut Fruit	Greek Yoghurt Bar Freshly cut Fruit	Freshly Cut Fruit



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Crustaceans



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Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

WEEKLY MENU

WEEK BEGINNING
14 Sept 26



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main	Beef Meatballs Served in a Ten Plant Tomato and Basil Sauce	Caribbean Chicken Served with Pineapple Salsa	Roast Pork Sage and onion Stuffing	Chicken and Chorizo Paella	Breaded Fish Fingers With Tartare Sauce
Vegetarian Main	Vegetable Gnocchi	Caribbean Chickpea Curry	Vegetable Lasagne	Vegetable and Bean Burritos	Sweet potato and Spinach Spanish Omelette
Sides	Plain Pasta with Olive Oil Mixed Vegetables Bread Sticks	Coconut Rice and Peas	Roasted New Potatoes Steamed Carrots	Roasted Vegetables Garlic Bread	Oven Baked Chips Baked Beans Peas
Salad Bar	Greek Salad Tomato, Cucumber, lettuce, Crudites, carrot, olives and Pickles	Jamaican Slaw Tomato, Cucumber, lettuce, Crudites, carrot, olives and Pickles	Beetroot, Spinach and Butternut Squash Salad Tomato, Cucumber, lettuce, Crudites, carrot, olives and Pickles	Green Salad Tomato, Cucumber, lettuce, Crudites, carrot, olives and Pickles	Rainbow Coleslaw Tomato, Cucumber, lettuce, Crudites, carrot, olives and Pickles
Available Daily	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar	Jacket Potatoes Grated British Cheddar
Dessert	Jam and Coconut Sponge	Greek yoghurt Bar Freshly cut Fruit	Seeded Fruity Flapjack Freshly cut fruit	Greek Yoghurt Bar Freshly cut fruit	Beetroot Brownie Freshly Cut Fruit



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Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs