

# MENU WEEK 1

MON

TUES  
CURRY  
BAR

WED  
BEST OF  
BRITISH

THUR

FRI  
FISH &  
CHIP SHOP

SPICE  
IT UP!

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

## SOUP

HOT HOT HOT!



£1.25

## MAIN



LIVE YOUR BEST LUNCH!

£2.50

## EDGY VEG

MEAT FREE FEASTS!

£2.50



## GLOBAL EATS

A WORLD OF FLAVOUR!

£2.10



## PERFECT PUDS

SWEET TREAT!

£0.95

MEAL  
DEAL

Main meal and pudding  
£3.30

## 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

Chicken  
noodle soup  
(G,E)

Broccoli  
and potato soup  
(Mk)

Pea and  
mint soup  
(Mk)

Country  
vegetable soup  
(Mk, Ce)

Cream of  
tomato soup  
(Mk)

Chilli con carne with  
mixed beans, steamed  
rice topped with sour  
cream and crushed  
nachos  
(G,Mk)

Chicken tikka masala  
(G)

Spinach, sweet potato  
and lentil Dahl  
(G)

Pilau rice (Mk)

Bombay potatoes

Naan bread  
(G,Mk)

Mango chutney  
Onion salad

Mint and yoghurt sauce  
(Mk,So)

Sliced roast gammon  
(G,Ce)

Roast vegetarian loaf  
(Mk,E,Ce,G)

Roast pan gravy (G)

Crispy roast potatoes

Roasted carrots

Garden peas

Steamed cabbage

Apple sauce  
Cranberry sauce

Turkey and sweetcorn pie  
with shortcrust pastry,  
mashed potato and  
green beans  
(G,Mk)

Feta and spinach filo  
pie and chunky tomato  
sauce mashed potato and  
green beans  
(Mk,E,G)

Battered fish fillet  
(G,F)

Cheese and onion  
pattie  
(G,Mk,E,SoSe)

Chips

Garden peas  
Curry sauce (Mu,Mk)

Chunky tartare sauce  
(Su,Mu,Mk,E)  
Ketchup and lemon

Caribbean mango  
chicken rice bake

Minced beef keema curry  
with peas and rice

Chicken pad Thai with  
sweet chilli sauce  
(E)

Jumbo hot dog with  
BBQ Sauce  
(G,Su,So,Mk,E)

Apple and mixed  
berry crumble  
with custard  
(Mk, G)

St Stephens pudding  
with vanilla custard  
(So,Se,Mk,E,G)

Chocolate chip banana  
bread (So,Mk,E,G)

Jam sponge  
and custard  
(Mk,E,G)

Marmalade bread  
and butter pudding with  
custard  
(Su,So,Mk,E,G)

TRY SOMETHING NEW WITH  
OUR FLAVOUR OF THE MONTH

MARCH

CARAWAY

BRITISH PIE WEEK  
THURSDAY 5TH

APRIL

STAR ANISE

ST GEORGES DAY  
THURSDAY 23RD

MAY PAPRIKA

NATIONAL BISCUIT DAY  
THURSDAY 14TH

JUNE

CUMIN

NATIONAL CREAM TEA DAY  
THURSDAY 25TH

JULY

CHILLI

INDEPENDENCE DAY  
THURSDAY 2ND

Weeks commencing 2<sup>nd</sup> March, 30<sup>th</sup> March 27<sup>th</sup> April 25<sup>th</sup> May 22<sup>nd</sup> June



# MENU WEEK 2

MON

TUES  
BURGER  
BAR

WED  
BEST OF  
BRITISH

THUR

FRI  
FISH &  
CHIP SHOP

# SPICE IT UP!

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

**SOUP**  
HOT HOT HOT!  
£1.25

**MAIN**  
LIVE YOUR BEST LUNCH!  
£2.50

**EDGY VEG**  
MEAT FREE FEASTS!  
£2.50

**GLOBAL EATS**  
A WORLD OF FLAVOUR!  
£2.10

**PERFECT PUDS**  
SWEET TREAT!  
£0.95

Indian  
spiced lentil  
(G)

Chunky  
Italian minestrone  
(G,Ce)

Cream of  
leek and potato  
(Mk)

French  
onion soup  
(G)

Carrot  
and coriander

Jamaican jerk  
spiced chicken  
with rice and peas

Classic beef burger  
(G,Su,Se,Ce)  
Spicy chicken burger  
(Se,Mu,G)  
Falafel burger  
All served in a  
sesame seed bun  
(Se,G)

Classic cottage pie  
served with gravy  
(Su,So,Mk,G,Ce)

Pork and sausage meat  
Wellington in puff pastry,  
served with onion gravy,  
mash and broccoli  
(Su,Mk,E,G)

Battered fish fillet (F,G)  
Jumbo sausage roll  
(Su,E,G)  
Macaroni cheese bake  
(G,So,Mk,Se)

Vegetarian mince chilli  
con carne, served with  
tortilla chips, sour  
cream and jalapenos  
(Mu,Mk,E,G,Ce)

Shredded iceberg,  
sliced tomato, fried  
onions, and ketchup  
(Mk,G)  
Chips

Veggie cottage  
pie served with veggie  
gravy (So,Mk,E,G,Ce)

Mediterranean vegetable  
lasagne served with  
chef's seasonal salad  
and garlic bread  
(So,Mk,G)

Chips  
Garden peas  
Curry sauce (Mu,Mk)  
Chunky tartare sauce  
(Su,Mu,Mk,E)  
Ketchup and lemon

Chicken biryani with  
curry sauce gravy  
(Su,So,Mu,Mk,G)

African jollof rice  
with chicken  
(G)

Classic Italian  
beef lasagne  
(Mk,G)

Mexican pulled pork,  
rice and bean sandwich  
(Mu,Mk)

Eve's pudding  
with custard  
(Mk,E,G)

Sugar free  
spiced carrot cake  
with orange cream  
cheese frosting  
(Mk,E,G)

Pear and apricot  
crumble served with  
custard  
(Mk,G)

Chocolate sponge and  
chocolate sauce  
(Mk,E,G)

Raisin and oat cookie  
(Mk,E,G)

**MEAL  
DEAL**

Main meal and pudding  
£3.30

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TRY SOMETHING NEW WITH  
OUR FLAVOUR OF THE MONTH

MARCH  
CARAWAY  
BRITISH PIE WEEK  
THURSDAY 5TH

APRIL  
STAR ANISE  
ST GEORGES DAY  
THURSDAY 23RD

MAY PAPRIKA  
NATIONAL BISCUIT DAY  
THURSDAY 14TH

JUNE  
CUMIN  
NATIONAL CREAM TEA DAY  
THURSDAY 25TH

JULY  
CHILLI  
INDEPENDENCE DAY  
THURSDAY 2ND

Weeks Commencing 9<sup>th</sup> March, 6<sup>th</sup> April, 4 May 1<sup>st</sup>, 29 June



# MENU WEEK 3

MON

TUES  
SAUSAGE  
& MASH

WED  
BEST OF  
BRITISH

THUR

FRI  
FISH &  
CHIP SHOP

SPICE  
IT UP!

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

## SOUP

HOT HOT HOT!



£1.25

## MAIN



LIVE YOUR BEST LUNCH!

£2.50

## EDGY VEG

MEAT FREE FEASTS!

£2.50



## GLOBAL EATS

A WORLD OF FLAVOUR!

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## PERFECT PUDS

SWEET TREAT!

£0.95

MEAL  
DEAL

Main meal and pudding  
£3.30

Cream of  
celery soup  
(Mk,Ce)

Red lentil chick  
pea and chilli soup  
(G)

Sweet  
potato soup  
(Mk,Ce)

Chunky  
country vegetable  
(Mk,Ce)

Butternut  
squash and bean  
(Mu,Mk)

Tandoori chicken  
pieces, coriander rice,  
mint yoghurt and  
mango chutney  
(Mk,Ce)

Pork sausages (G,Su)  
Chicken sausages (G,Su)

Vegetarian sausages  
(G,So)  
Creamy mash (Mk)  
Classic gravy (G)  
Onion gravy (So,G)  
Garden peas  
Carrots

Mushroom and  
leek stroganoff  
with steamed rice  
(Su,Mk,G)

Roast gammon (G,Ce) with  
apple sauce  
or  
Roast turkey (G,Se) with  
cranberry sauce

Roast vegetarian loaf  
(Mk,E,G,Ce)

Roast pan gravy

Sage and cranberry stuffing  
(Mk,E,G)

Crispy roast potatoes

Roasted carrots  
Garden peas

Baked Mexican chicken  
enchiladas, served with  
Mexican spicy rice and  
green beans  
(G,Mu,Mk,Ce)

Cheese and onion pattie  
with baked potato  
wedges and coleslaw  
(G,Su,So,Mk,E,Ce,Se)

Battered fish fillet  
(F,G)

Spinach and pepper  
quiche (G,E,Mk)

Chips

Garden peas  
Curry sauce (Mu,Mk)

Chunky tartare sauce  
(Su,Mu,Mk,E)

Ketchup and lemon

Singapore noodles  
with chicken teriyaki  
(Su,So,E,G)

Meatballs ciabatta with  
tomato sauce and  
cheddar (G,Mu,Mk)

Spicy pork harissa with  
brown rice and beans

Gourmet Beef Burger  
(Ce,G,Mu,Su,So)

Lemon  
drizzle cake  
(Mk,E,G)

Marmalade  
pudding  
(Mk,E,G)

Apple pie with  
shortcrust pastry  
and custard  
(Mk,E,G)

Rhubarb and  
custard cake  
(Mk,E,G)

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

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CARAWAY

BRITISH PIE WEEK  
THURSDAY 5TH

APRIL  
STAR ANISE

ST GEORGES DAY  
THURSDAY 23RD

MAY PAPRIKA

NATIONAL BISCUIT DAY  
THURSDAY 14TH

JUNE  
CUMIN

NATIONAL CREAM TEA DAY  
THURSDAY 25TH

JULY  
CHILLI

INDEPENDENCE DAY  
THURSDAY 2ND

Weeks commencing 16<sup>th</sup> March, 13<sup>th</sup> April, 11<sup>th</sup> May



# MENU WEEK 4

MON

TUES  
PERFECT  
PIZZAS

WED  
BEST OF  
BRITISH

THUR

FRI  
FISH &  
CHIP SHOP

SPICE  
IT UP!

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

## SOUP

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£1.25

## MAIN



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## EDGY VEG

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## GLOBAL EATS

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## PERFECT PUDS

SWEET TREAT!

£0.95

Watercress  
and potato  
(Mk)

Tomato and  
basil soup

Cauliflower and  
cheddar soup

Split  
pea soup  
(G)

Cream of  
mushroom  
(Mk,G)

Curried chicken pie  
with puff pastry crust,  
served with aloo gobi  
spiced cauliflower  
(G)

Classic Margherita (So,Mk,G)  
BBQ chicken  
(Su,So,Mk,G,Ce)  
Roasted vegetable  
(So,Mk,G)

Potato wedges  
Chef's salad  
Classic coleslaw  
(Su,Mu,Mk,E,G)

Dipping sauces  
Garlic mayonnaise (E)  
Sweet chilli  
BBQ sauce

Spanish omelette  
with potatoes, cheddar  
and peas, served  
with spring greens  
(Mk, E)

Classic toad in the hole  
with pork sausages  
(Su,Mk,E,G)

Veggie toad in the  
whole with veggie  
sausages (Su,Mk,E,G)

Creamy mashed potato  
(Mk)

Gravy (G)

Broccoli  
Roasted carrots

Slow cooked shredded  
chicken tacos with spicy  
beans, rice and sour  
cream, served with corn  
(Su,So,mu,Mk,G,Ce)

Spicy carrot, sweetcorn  
and pepper fritters served  
with rice and sour cream  
(Mu,Mk,E,G)

Battered Fish Fillet (F,G)  
Jumbo Sausage Roll  
(G,Su,E)  
Battered sausage (G,Su)  
"Chip Butty" (Se,Mk,G)  
Sausage (Su,So,G,E,Mk)  
or fish finger dogs  
(F,G,E,Mk,So)

Oven baked Chips

Garden Peas  
Mushy Peas  
Baked Bean  
Curry Sauce (Mu,Mk)

Pickled Onions (Su)  
battered rolls (Se,Mk,G)  
Pickled Gherkins (Su)  
Chunky Tartare sauce  
(Su,Mu,Mk,E)  
Ketchup and lemon

Vietnamese spicy  
pork meatball  
bahn mi sandwich  
(So,G)

Thai green chicken curry  
served with steamed rice  
(So,G)

Paprika pork with patatas  
bravas and sour cream  
(Mk,G)

Chilli Dog with  
grated cheddar  
and crushed tortilla  
(G,E,Mk,Su,So,Mu)

Sugar free  
banana cake  
(Mk,E,G)

Nutless bakewell  
tart and custard  
(Mk,E,G)

Orange and  
ginger biscuits  
(Mk,E,G)

Mixed  
berry flapjack  
(Mk,G)

Warm chocolate  
brownie and ice cream  
(Mk,E,G)

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NATIONAL BISCUIT DAY  
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NATIONAL CREAM TEA DAY  
THURSDAY 25TH

JULY  
CHILLI

INDEPENDENCE DAY  
THURSDAY 2ND

Weeks commencing 23<sup>rd</sup> March, 20<sup>th</sup> April, 18<sup>th</sup> May