



A TASTE OF GREAT

M E N U



WEEK 1

MON TUES WED THU FRI



Pea and ham
(None)

Cream of leek and potato
(Mk)

Indian spiced lentil
(None)

French onion
(G,Mk)

Carrot and coriander
(None)



Italian beef bolognese with penne, parmesan cheese and Caesar salad and garlic bread
(Su,So,Mu,Mk,E,G,Ce)

Macaroni and cheese with gammon and a crunchy topping served with coleslaw and green beans
(Mk,E,G)

Sancho Pollo chicken pieces served with rice, courgettes and carrots
(Su,So,G,Ce)

Roast Norfolk turkey breast with gravy, served with roast potatoes, roast vegetables, steamed cabbage and diced swede
(Mk,E,G)

Battered pollock fillet with tartare sauce and lemon, served with chips and peas
(F,E,G)



Penne pasta with a roast tomato and basil sauce served with a Caesar salad and garlic bread
(Su,So,Mu,Mk,E,G,Ce)

Macaroni and cheese with a crunchy topping, served with coleslaw and green beans
(Mk,E,G)

Chinese sweet and sour noodles with stir fried vegetables
(So,E,G)

Italian potato gnocchi in a rich vegetable Ratatouille sauce served with roast vegetables and chef's salad
(Mk,E,G)

Mixed roasted sweet pepper, wholemeal quiche with chips and peas
(Mk,E,G)



Chinese sweet and sour pork served with special fried rice
(none)

Japanese teriyaki glazed chicken drumsticks with pineapple rice and pickled cucumber
(So,Se,G)

Cuban style spicy chicken with rice and peas
(Su,So,Mk,G)

Jumbo hot dog with fried onions and sauces
(Su,Mu,G)



Steamed jam sponge with custard
(Mk,E,G)

Chocolate brownie With cream
(Mk,E,G)

Autumn berry cheesecake
(Mk,E,G)

Chocolate and vanilla marble cake
(Mk,E,G)

Traditional oven baked rice pudding
(Mk)

TERM DATES:

Week 1
4 Sep
23 Sep
14 Oct
11 Nov
2 Dec



LOOK OUT FOR...

Main meal
£2.50

Meal deal
£3.30
Please ask for details



16TH SEPT

ITALIAN DAY
SOUTH EAST

01ST OCT

WORLD VEGETARIAN DAY
EAST OF ENGLAND

08TH NOV

WORLD VEGAN DAY
LONDON

04TH DEC

NATIONAL COOKIE DAY
SOUTH WEST

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide





A TASTE OF GREAT

MENU



WEEK 2

MON

TUES

WED

THU

FRI

Soup

Broccoli and stilton
(Mk)

Chicken noodle
(E,G)

Pea and mint
(None)

Autumn vegetable
(None)

Cream of tomato
(Mk)

THE MAIN EVENT

Chicken Rogan Josh, roast cauliflower, swede and wholegrain rice. mango chutney
(Mk)

Farm assured pork sausages with mashed potatoes garden peas and carrots
(Su,Mk,G)

Roast beef with Yorkshire pudding roast potatoes, broccoli, green beans and gravy
(Mk,E,G)

Fresh Italian dough pizza topped with mozzarella and tomato, served with a chef's salad and potato wedges
(Mk,E,G)

MSC cod baked jumbo fish fingers served with tartare sauce, chips and garden peas
(Mu,Mk,F,E,G)

Edgy Veg

Quorn and vegetable Rogan Josh roast cauliflower, swede and wholegrain rice with mango chutney
(Mk,E)

Vegetarian sausage with mashed potatoes garden peas and carrots and gravy
(So,Mk,G)

Spanish frittata with onion, spinach and cheddar, new potatoes, broccoli and green beans
(Mk,E)

Fresh Italian dough pizza topped with mozzarella and tomato, served with a chef's salad and potato wedges
(Mk,E,G)

Spanakopita with new potatoes and garden peas

GLOBAL Eats

Ciabatta with spicy meatballs and cheddar
(Mu,Mk,G)

Indonesian bang bang chicken with coriander rice and sweet chilli sauce
(Se)

Mexican baked chilli beef chimichangas with sour cream and salsa
(Mk,G)

Cajun spiced chicken burger topped with chunky salsa and lettuce

PERFECT PUDDINGS

Autumn fruit crumble with custard
(Mk,G)

Pear and chocolate sponge with chocolate sauce
(Mk,E,G,So)

Lemon blondie
(G,E,Mk)

Golden syrup steamed sponge pudding with custard
(Mk,E,G)

Warm sultana flapjack
(Mk,G)

TERM DATES:

Week 2
9 Sep
30 Sep
21 Oct
18 Nov
9 Dec

LOOK OUT FOR OUR RECIPE of the month!

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LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

WHAT'S ON



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A TASTE OF GREAT

M E N U



WEEK 3

MON

TUES

WED

THU

FRI



Watercress and potato
(Mk)

Spiced butternut squash
(None)

Cream of broccoli
(Mk)

Cream of sweet potato
(Mk)

Chunky country vegetable
(Mk)



Mexican beef chilli con carne, steamed rice, coleslaw, broccoli and sour cream
(Mu,Mk,G,Ce)

Creamy chicken and sweetcorn pie with new potatoes, diced swede and green beans
(Mk,G)

Herefordshire roast pork with roast potatoes, steamed carrots, cauliflower and gravy
(None)

Traditional Italian beef lasagne, served with mixed salad and garlic bread
(Mk,G)

Salmon fish cakes with tartare sauce and lemon, served with chips and peas
(Mu,Mk,E,F,G)



Roasted Mediterranean vegetable filo pie served with new potatoes coleslaw and broccoli
(Mk,G,E)

Butternut squash and goat's cheese risotto with chef's salad
(Mk,G)

Quorn and vegetables in a sweet chilli sauce served with rice and prawn crackers
(E)

Vegetarian lasagne with mixed salad and garlic bread
(Mk,G)

Vegetarian veggie burger with salad and salsa served with chips and garden peas
(G)



Cajun chicken pitta sandwich with pineapple and salad
(Mu,G)

Indonesian beef rendang with steamed rice
(Su,G)

Spicy lamb skewers with pitta bread, tzatziki and Greek salad
(Su,Mk,G)

Gourmet beef burger with beef tomato, salad and ketchup
(G,Su)



Spiced Bramley apple crumble with custard
(Mk,G)

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

Lemon meringue pie
(Su,Mk,E,G)

Chocolate sponge with chocolate custard
(Mk,E,G)

Pineapple upside down cake
(Su,Mk,E,G)

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Week 3:
16 Sep
7 Oct
4 Nov
25 Nov
16 Dec

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