

MAIN MEALS

M/C = May Contain

From £3.05

1st Sept, 22nd Sept,
13th Oct

**AUTUMN MENU
WEEK ONE**



MON	TUE	WED	THU	FRI
<p>★ ☆</p> <p>Tex Mex Chilli Beef M/C (G) Roast Courgettes, Cauliflower and Brown Rice Mild Vegan Chilli (So) M/C (G) Roast Courgettes, Cauliflower and Brown Rice</p>	<p>★ ☆</p> <p>Roast Pork Sausages with Yorkshire Pudding Steamed Carrots, Peas and Creamy Mashed Potatoes and Gravy (G,E,Mk,Su)</p> <p>Roast Veggie Sausages with Yorkshire Pudding Steamed Carrots, Peas and Creamy Mashed Potatoes and Gravy (G,Ce,E,Mk)</p>	<p>★ ☆</p> <p>Chicken and Sweetcorn with Penne Pasta Served with Broccoli & Green Beans & Garlic Bread (G,Mk)</p> <p>Mediterranean Vegetable, Tomato and Sweetcorn with Penne Pasta Served with Broccoli & Green Beans & Garlic Bread (G,Mk)</p>	<p>★ ☆</p> <p>Meat Feast Pizza (G,Mk,So) Garden Salad Jacket Wedges</p> <p>Margherita Pizza (G,Mk,So) Garden Salad Jacket Wedges</p>	<p>★ ☆</p> <p>Battered Fish Fillet (G,F,Mk) Fish Finger Dog (G,F) M/C (Se) Veg Fingers (G) Sausage Dog with Mustard (G,Mu,Su,) M/C (Se) Tartar Sauce (E) Chips Peas</p>

Meal-Deal
From £3.50

Check out what's on offer today,
available for free school meals!



GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
<p>BBQ Chicken Metro Sandwich (G,Mk)</p>	<p>Mexican Chicken Panini with Tortilla Chips (G,Mk) M/C So</p>	<p>Texas Chilli Beef Burrito with Rice and Salsa (G)</p>	<p>Lamb Kofta Kebab, Tzatziki, Crunchy Salad and Wedges (G,Mk,E)</p>	<p>¼ Pound Beef Burger Salad, Tomato, Chips & Ketchup (G,So,Su) M/C (Se)</p>

DESSERTS

MONDAY Chocolate Brownie(G,E)
TUESDAY Fruit Jelly
WEDNESDAY Fresh Fruit
THURSDAY Berry Flapjack Crumble(G)
FRIDAY Steamed Treacle Sponge with Custard (G,E,Mk)
From £1.15

PASTA STATION



**FRESH
PIZZA
AND
PASTA
MADE
DAILY**

From £2.60

ALLERGENS

we're allergy gurus!

Speak to one
of our chefs if
you have any
allergies.

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

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8th Sept, 29th Sept
20th Oct

**AUTUMN MENU
WEEK TWO**



MON

TUE

WED

THU

FRI

Chicken Mac N Cheese
Broccoli, Baby Carrots
and Garlic Bread
(G,Mk)

Classic Mac N Cheese
Broccoli, Baby Carrots
and Garlic Bread
(G,Mk)

Beef Quarter Pounder
in a Bun
Chef's Salad and Wedges
**(G,So,Su)
M/C (Se)**
Vegetable Enchilada
With a Tomato Sauce
and Cheese
Chef's Salad and Wedges
(G,Mk)

Baked Gammon
With
Roast Potatoes
Brussel Sprouts, Carrots
Apple Sauce and Gravy
(None)
Roast Vegetable
and Bean Crumble
With
Roast Potatoes
Brussel Sprouts, Carrots
(G,Mk)

Madras Chicken Curry
With Turmeric Rice
Green Beans and Cauliflower
(None)
Potato and Vegetable Curry
With Turmeric Rice
Green Beans and Cauliflower
(None)

Battered Fish Fillet **(G,Mk,F)**
Fish Finger Wrap with
Tartare Sauce **(G,E,F)**
¼ Pound Burger with Salad
and Tomato **(G,So,Su)
M/C (Se)**
Veggie Fritter **(E,Mk)**
All served with
Peas, Chips and Ketchup

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MON

TUE

WED

THU

FRI

Beef Chilli
Loaded
Waffle Fries
(Mk)

Chicken Gyros
With Chips
and
Tsatziki
(G,Mk)

Fiery Chicken
Wings
With
Dirty Rice
M/C (G)

Cheesy
Pepperoni
Tater Tots
(G,Mk)

Sausage Dog
with Chips
& Mustard
**(G,Su,Mu)
M/C (Se)**

DESSERTS

MONDAY

Hot Chocolate Sponge with Custard **(G,E,Mk)**

TUESDAY

Fresh Fuit

WEDNESDAY

Fruit Jelly)

THURSDAY

Sticky Ginger Cake **(G,E,Mk)**

FRIDAY

Lemon and White Chocolate Drizzle Cake
(G,Mk,So,E)

From £1.15

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15th Sept, 6th Oct

**AUTUMN MENU
WEEK THREE**



MON

TUE

WED

THU

FRI

★ ★
Spaghetti Bolognese
With
Courgettes, Green Beans
and Garlic Bread
(G)

★ ★
Sausage Dog
Served with
Mixed Tossed Salad
with Sweetcorn and
Jacket Wedges
(G,SU) M/C (Se)

★ ★
Shepherds Pie
Topped with Creamy Mash
With Broccoli and Carrots
(Mk,Ce)

★ ★
Chicken and Vegetable Hot
Pot with Sauté Potatoes and
a medley of Vegetables
(None)

★ ★
Battered Fish Fillet (G,Mk,F)
Fish Finger Dog (G,F)
M/C (Se)

Penne Pasta in a Tomato and
Basil Sauce
With
Courgettes, Green Beans
and Garlic Bread
(G)

Veggie Quesadilla
With Coleslaw, Mixed Leaves
and Jacket Wedges
(G,E,Mk)

Vegan Cottage Pie
Topped with Creamy Mash
With Broccoli and Carrots
(So,Ce,Mk)

Seasonal Vegetable and
Butternut Squash Hot Pot
with Sauté Potatoes and a
medley of Vegetables
(None)

Potato, Cheese and Onion
Pasty (G,E,Mk)

Sausage Dog with Mustard
(G,Mu,Su) M/C (Se)

¼ Pound Burger with Salad
& Tomato (G,So,Su) M/C (Se)

Tartar Sauce
(E)

All served with
Chips, Peas and Ketchup

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MON

TUE

WED

THU

FRI

Pepperoni
Marinara
Panini with
Nachos (G,Mk)
M/C (So)

Stir Fry
Noodles with
Teriyaki
Chicken
(G,E,So)

M/C (P,N)

Chicken and
Chorizo Paella
(None)

BBQ Chicken
Metro Sandwich
(G)

Katsu Chicken
Sandwich with
Curry Sauce
and Chips
(G,E,Mk)
M/C (Se)

DESSERTS

MONDAY

Fruit Jelly

TUESDAY

Pear Sponge Pudding with Custard (G,E,Mk)

WEDNESDAY

Fresh Fruit

THURSDAY

Sticky Toffee Pudding (G,E,Mk,Su)

FRIDAY

Chocolate Marble Cake (G,E,Mk)

From £1.15

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