



Menu

Autumn 2021



	Main Course	Vegetarian	Deli	Grab & Go	Pasta	Dessert
Meat Free Monday	Quorn meatballs in a sweet pepper sauce & spaghetti W E	Vegetable burger served in a bap with side salad W D V	Cheese & onion baguette W D V	Pizza panini W D V	Margherita D V	Selection of yoghurts or fresh fruit D
Tuesday	PMS STACK (no bun) beef burger topped with cheese, lettuce, tomato and diced potatoes D W	Cherry tomato & mozzarella quiche W V	Egg mayonnaise sandwich W E D V	Pesto, tomato & mozzarella panini W D V	Chicken Italiano	Chocolate muffin or fresh fruit/yoghurt W D E
Wednesday	Roast chicken & stuffing with mash potatoes, mixed veg & gravy W E	Vegetarian sausage & mash W V VG	Ham salad baguette W D	Ham & cheese panini W D	Kansas chicken W	Peach crumble & custard or fresh fruit/yoghurt W D
Thursday	Salmon & potato bake cooked in a tomato passata F D	Homemade wholemeal pizza margherita W V	Roast chicken & stuffing wrap W D	Jumbo sausage roll W	Zingiatta W D V	Banana & toffee pancakes or fresh fruit/yoghurt W D E
Friday	Chicken burger, chips & sweetcorn W S E	Southern fried quorn bites, chips & sweetcorn W D V	Cheese & coleslaw wrap W D V	Hot dog & ketchup W D S	Italian meatballs W	Cherry shortbread or fresh fruit/yoghurt W D

Milk and water are available daily

Your choices

(V) Vegetarian
 (VG) Vegan

Allergen Legend

(W) Wheat/gluten
 (E) Eggs
 (F) Fish
 (D) Dairy / milk
 (M) Mustard
 (N) Nuts
 (S) Soya



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Meat Free Monday	Five bean chilli & 50/50 rice W D V	Jacket potato topped with vegetable bolognese and side salad V E	Chilled tomato pasta salad W V	Tomato & mozzarella panini W D V	Basilica V VG	Frozen yoghurt or fresh fruit D
Tuesday	All day breakfast (sausage, bacon, egg, hash brown, baked beans, tomato) W E	Vegetarian all day breakfast (veg sausage, egg, hash brown, baked beans , tomato) W E V	Cheese salad baguette W D V	Beef burger W	Spicy sausage W	Rice Krispie crunch or fresh fruit / yoghurt D W
Wednesday	Traditional sausage & mash with carrots and gravy W	Beetroot burger & salad W V	Tuna and sweetcorn wrap W F	Bacon & cheese panini W D	Veggie pizza D V	Steamed syrup sponge & custard W D E
Thursday	BBQ chicken flatbread served with salad W D	Vegetarian hot dog with BBQ beans W V	Ham sandwich W D	Pizza panini W D	Sweet chilli veg V	Fresh fruit pot or yoghurt
Friday	Giant fish finger, peas & chips W F	Vegetable fingers, peas & chips W V	Cheese & coleslaw salad D V	Sausage bap W	Margherita D V	Iced cherry muffin or fresh fruit / yoghurt W D E

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Meat Free Monday	Spicy Quorn chicken in a wrap topped with tomato salsa and melted cheese W D E	Quorn lasagne & garlic bread W D V E	Cheese & tomato sandwich W D V	Vegetarian sausage hot dog W V	Veggie pizza D W	Vanilla ice cream or fresh fruit / yoghurt D V
Tuesday	Chicken tikka masala & naan bread with 50/50 rice D W	Lentil curry & 50/50 rice W V	Ham salad sandwich on crusty bread W D	Jacket potato topped with coleslaw V VG	Pepperoni pizza D	Flapjack or fresh fruit / yoghurt D W V
Wednesday	Roast pork with apple & stuffing crunch, roast potatoes, peas & gravy W	Quorn roast with stuffing, roast potatoes, peas & gravy D W V E	Bacon, lettuce & tomato baguette W D	Cheese & tomato panini W D V	Mexican meatballs W	Apple crumble & custard or fresh fruit / yoghurt W D
Thursday	Cottage pie topped with mash served with seasonal vegetables W	Cheese & onion pasty with salad W D M	Ham salad wrap W	Meatball panini W	Arriabatta W V	Very berry brownie pizza or fresh fruit / yoghurt W D E
Friday	Breaded fish & chips with baked beans W F	Vegetable bites & chips W V VG	Tuna & cucumber baguette W D F	Chicken nuggets, dip & salad W D M N	Crackerjack chicken W	Summer fruit yoghurt crunch pots D W

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Meat Free Monday	Broccoli & cheese macaroni served with crusty bread W D	Spicy bean burger in a bun served with wedges W V VG	Cheese salad wrap W V	Jacket potato with beans & cheese D W	Arriabatta W V	Devils cake or fresh fruit/yoghurt W D E
Tuesday	Sticky chicken with 50/50 rice & salad W	Vegetable bolognese served with spaghetti W V E	Ham & pickle sandwich W D	Sausage & cheese panini W D	Basilica V VG	Strawberry cheesecake or fresh fruit/yoghurt W D E
Wednesday	Roast turkey with stuffing, roast potatoes and seasonal vegetables W	Meat free sausage roll with roast potatoes & seasonal vegetables W D V	Cheese & onion baguette W D V	Jacket potato with coronation chicken D	Zingiatta W S V	Homemade Bakewell tart or fresh fruit/yoghurt W D E N
Thursday	Mumbai meatballs & 50/50 rice W	Vegetable ravioli W V VG	Tuna & sweetcorn wrap W F	Bacon & cheese flatbread W D	Pizza pollo D	Homemade shortbread or fresh fruit/yoghurt W D
Friday	Fish nuggets chips & peas F W	Cheese & spring onion crisp bake with chips & peas W D M N	Chilled meatball pasta salad W	Bacon bap W	Yankee hot dog M	Pin wheel cookies or fresh fruit/yoghurt W D

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