



Spring Menu Week 1

This menu is packed with extra goodness because we
Season EVERYTHING!

MON

TUES

WED

THU

FRI

Mighty Mains

Cheese Panini
(G,Mk,So,Se,Mu)

Pie of the week with
Puff Pastry Top
(G,Mk)

Malaysian Chicken Curry
(G,So,F) with Vegetable
Spring Roll (G,So)

Sausage Meatballs in
Herby Tomato Sauce
with Pasta (G,Su)

Korean Chicken Burger
(G,So,E,Se) with
Gochujang Mayo (G,E)



Gluten Free

Gluten Free Cheese &
Tomato Panini
(E,Mk,Mu)

Gluten Free Pie with
Puff Pastry Top
(Mk,So)

Gluten Free Malaysian
Chicken Curry
(So)

Gluten Free Sausage
Meatballs in Tomato
Sauce with Pasta
(Su)

Gluten Free Korean
Chicken Burger
(E,Mk,Mu)



Super Veggies

Cheese & Tomato Panini
(G,Mk,So,Se,Mu)

Lemon, Leek and
Butternut Squash
Risotto
(E,Mk)

Malaysian Tofu &
Vegetable Curry (G,So)
with Vegetable Spring
Roll (G,So)

Vegan Meatballs Herby
Tomato Sauce with
Pasta (G,So)

Bang Bang Cauliflower in
Bao Buns (G,So,E,Se)
with Gochujang Mayo
(G,E)



Nature's Noms

Corn on The Cob

Garden Salad

Savoy Cabbage

Carrots

Roasted Cauliflower

Garden Peas

Broccoli

Green Beans

Pickled Vegetables



Fuel Up Favourites

Nachos

Creamy Mashed
Potatoes (Mk)

Coconut Flavoured Rice

Homemade Focaccia
(G)

Fries

Puddings

Apple & Pear Crumble
with Custard
(G,Mk)

Rocky Roads
(G,So,Mk)

Courgette & Lemon
Drizzle (G,E)

Chocolate Chip Sponge
(G,Mk,So)

Ice Cream with Peach
Melba Sauce
(Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

06/01/25, 27/01/25,
24/02/25, 17/03/25

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



Spring Menu

Week 2

This menu is packed with extra goodness because we
Season EVERYTHING!

MON

TUES

WED

THU

FRI

Mighty Mains

Pesto Pasta
(G,E,Mk)

Mexican Beef Chilli
with Crushed Nachos &
Sour Cream (Mk)

Chicken Stir Fry Noodles
with Vegetables (G,E,So)
and Prawn Cracker
(Cr,Su)

Sausage Bar
Butchers Cumberland
Sausages & Gravy (G,Su)

Butchers Chicken
Sausage & Gravy (G,Su)

Battered Pollock/
Breaded Fish Fingers
(G,F) with Tartar Sauce
(E,Su) and Lemon
Wedge

Gluten Free

Gluten Free Pesto Pasta
(Mk)

Mexican Beef Chilli
with Crushed Nachos &
Sour Cream (Mk)

Gluten Free Chicken Stir
Fry with Rice Noodles
(So)

Gluten Free Cumberland
Sausage & Gravy
(Su)

Gluten Free Fish
(F)

Super Veggies

Mexican Vegetable
Chilli with Crushed
Nachos & Sour Cream
(Mk)

Tofu Stir Fry Noodles
with Vegetables (G,E,So)

Vegan Sausages & Gravy
(So)

Homemade Veggie
Burger & Tomato Relish
(G,Se)

Nature's Noms

Cauliflower

Rosemary & Thyme
Roasted Courgettes

Avocado Salsa

Corn on the Cob

Garlic Roasted Chinese
Greens & Broccoli

Sweetcorn

Green Beans

Garden Peas

Baked Beans

Fuel Up Favourites

Garlic Bread
(G,Mk,So)

Mexican Spiced Rice

Creamy Mashed Potato
(Mk)

Chips

Puddings

Rice Krispie Cake
(G)

Carrot Cake with
Orange & Cream
Cheese Frosting
(G,E,Mk,Su)

Apple Streusel Cake with
Custard
(G,E,Mk)

Granola Flapjack (G,Su)

Chocolate Brownie
(G,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



13/01/25, 03/02/25,
03/03/25, 24/03/25

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



Spring Menu

Week 3

This menu is packed with extra goodness because we
Season EVERYTHING!

MON

TUES

WED

THU

FRI

Mighty Mains

Vegetarian Cumberland Sausage Creamy Tomato Pasta Bake (G,Mk)

Chicken Katsu Curry (G,E,So)

Roast of the week with roast gravy, Stuffing (G,E,So) & Yorkshire Pudding (G,E,Mk)

Oven Baked Beef Bolognese Cannelloni Bake Topped with Mozzarella Cheese (G,Mk,E,Mu)

Fish Taco on Soft Tortilla (G,F)

Gluten Free

Gluten Free & Dairy Free Vegetarian Sausage Creamy Tomato Pasta Bake (So)

Gluten Free Chicken Katsu Curry (E,So)

Gluten Free Roast of the week & Gravy (None)

Gluten Free & Dairy Free Beef Bolognese Pasta Bake (So)

Gluten Free Fish Taco on Tortilla (F)

Super Veggies

Tofu Katsu Curry (G,E,So)

Spring Onion, Cheddar Cheese and Tomato Quiche (G,Mk,E)

Spinach & Ricotta Cannelloni Bake Topped with Mozzarella Cheese (G,Mk,E,Mu)

Smoky Sweet Potato & Black Bean Taco (G)

Nature's Noms

Corn on the Cob
Green Beans

Garlic Roasted Chinese Greens & Broccoli

Roasted Carrots with Fennel Seeds
Garden Peas

Sweetcorn
Cauliflower

Iceberg, Pickled Vegetables, Jalapenos, Pico De Gallo Salsa, Lime Mayo (E)

Fuel Up Favourites

Garlic Bread (G,Mk,So)

Fragrant Rice

Roast Potatoes (Su)

Homemade Focaccia (G)

Fries

Puddings

Chocolate Cake with Chocolate Drizzle (G,E)

Raspberry & Lemon Cheesecake Bars (G,E,Mk)

Rice Pudding with Jam Sauce (Mk)

Chocolate Shortbread Fingers (G,Mk,So)

Toffee Cake (G,E,Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



20/01/25, 10/02/25,
10/03/25, 31/03/25

ALLERGENS

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide