

WEEK 1 MENU

Spring

05/01/26, 26/01/26,
23/02/26, 16/03/26



MON

TUES

WED

THUR

FRI

Mighty Mains

Slow Cooked Beef
Bolognaise with Pasta
(G)

Vietnamese Style Caramel
Coconut Chicken
(None)

Lebanese Lamb with Minted
Cucumber Yogurt and
Flatbread (G,Mk,So)

Spanish Chorizo & Pork
Pasta Bake with Cheesy
Sauce (G,Mk)

Crispy Panko Breaded
Chicken Katsu (G,So)

**Made With Ingredients Not
Containing Gluten**

Slow Cooked Beef
Bolognaise with Gluten Free
Pasta
(None)

Vietnamese Style Caramel
Coconut Chicken with Rice
Noodles
(None)

Lebanese Lamb with Spiced
Rice
(None)

Gluten Free & Dairy Free
Chorizo & Pork Pasta Bake
(So)

Gluten Free Chicken Katsu
(E,So)

Super Veggie Mains


Roasted Mediterranean
Penne Pasta with Cannellini
Beans,
Tomato, Broccoli Pesto and
Vegan Cheese & Pasta (G)

Tofu & Mushroom Mapo
Stir Fry
(G,So,Mu)


Moroccan Courgette,
Chickpea Patties with Baba
Ghanoush and Flatbread
(G,E)


Puy Lentil, Red Pepper
Cannelloni with Tomato
and Fresh Basil Sauce
(E,G,Mu,So)

Panko Breaded Katsu Sweet
Potato with Curry Sauce
(G,E,So)

**Garden
Goodness Sides**

Cauliflower
Steamed Carrots

Asian Slaw with Chilli and
Lime
Sautéed Savoy Cabbage

Pea Tabbouleh (G)
Steamed Green Beans

Garden Peas
Broccoli

Pickled Tsukemono
Vegetables
Sweetcorn

**Energy
Boosters**

Homemade Garlic Focaccia
(G)

Egg Noodles with Ginger,
Garlic & Spring Onion
(G,E,So)

Lebanese Rice with Lentils
(G,Su)

Homemade Garlic Focaccia
(G)

Steamed Rice

Pudding

Apple & Blueberry Pie with
Custard
(G,E,Mk)

Chocolate Brownie (G,E)

Treacle Tart & Custard
(G,E,Mk,So)

Sticky Pear & Ginger Cake
(G,E,Mk)

Chocolate Marble Cake
(G, E)

Jacket Potatoes, Pasta, Cold Desserts & Fruit Platter available daily

**Allergen
Information**

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



**Find Sophie's Star to enjoy
the dish specially chosen
by our nutritionist!**

WEEK 2 MENU

Spring

12/01/26, 02/02/26,
02/03/26, 23/03/26



MON

TUES

WED

THUR

FRI

Mighty Mains

Indonesian Stir Fry Rice with Chicken (Nasi Goreng) **(G,E,So)**

Macaroni Cheese Bar **(G,Mk)**

Mexican Oven Baked Beef Chimichangas **(G,Mk)**

Sri Lankan Coconut Chicken Curry **(G)**

Butchers Cumberland Sausage **(G,Su)**

Butchers Pork & Leek Sausage **(G,Su)**

Butchers Chicken Sausage **(G,Su)**

Made With Ingredients Not Containing Gluten

Gluten Free Indonesian Stir Fry with Chicken (Nasi Goreng) **(E,So)**

Gluten Free & Dairy Free Pasta Bake **(So)**

Gluten Free Mexican Oven Baked Beef Chimichangas **(None)**

Sri Lankan Coconut Chicken Curry **(None)**

Gluten Free Pork Sausage **(Su)**

Super Veggie Mains


Crispy Tofu, Spaghetti Mee Goreng with Pak Choi, Pepper, Broccoli and Crispy Onions **(G,E,So)**

BBQ Pulled Jackfruit **(None)**
Ratatouille **(None)**
Pepperonata **(None)**
Homemade Pesto **(Mk)**


Vegan Courgette, Pepper, Onion & Vegan Cheese Quesadilla **(G)**


Chickpea, Vegetable & Quorn Curry **(E)**

Vegan Cumberland Sausages **(G)**

Garden Goodness Sides

Roasted Cauliflower
Spiced Corn on the Cob

Steamed Broccoli
Accent House Salad **(Su,Mu)**

Garden Peas
Naked Slaw

Steamed Green Beans
Parsley Carrots

Sweetcorn
Baked Beans

Energy Boosters

Homemade Garlic Focaccia **(G)**

Baked Potato Wedges

Turmeric Rice

Chips
Crushed New Potatoes

Pudding

Baked Syrup Sponge & Custard **(G)**

Rocky Road **(G,Mk,So)**

Nutless Bakewell Tart & Custard **(G,E,Mk)**

Apple & Sultana Flapjack **(G)**

Lemon & Raspberry Crumble Cake **(G,E,Mk)**

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WEEK 3 MENU

Spring

19/01/26, 09/02/26,
09/03/26



MON

TUES

WED

THUR

FRI

Mighty Mains

Lamb Chilli with Tomato Salsa, Paprika, Red Kidney Beans in a soft Tortilla (G)

Roast of the Week & Gravy (None)
Yorkshire Pudding (G,E,Mk)
Homemade Stuffing (G,E,Mk,So)

Al Forno Italian Beef Lasagne (G,E,Mk)

Pork & Eat Curious Sausage Roll & Gravy (G,E,Su)
Homemade Fruit Chutney (Su)

Battered Fish/Fish Fingers (G,F)
Chunky Tartare Sauce (E) & Lemon Wedges
Or
Thai Fishcake, Coriander, Ginger & Sweet Chilli Sauce (G,E,F)

Made With Ingredients Not Containing Gluten

Mexican Lamb Chilli with Tomato Salsa, Kidney Beans (None)

Roast Of the Week, Gravy & Thyme Roast Baby Potatoes (None)

Traditional Slow Cooked Italian Beef Tomato Gluten Free Lasagne (So)

Pork & Eat Curious Sausage Roll (Su)

Gluten Free Fish with Chips (F)

Super Veggie Mains

Eat Curious Protein
Enchilada with Guacamole & Salsa (G,So)
with Vegan Sriracha Mayo (So,Mu,So)

Vegan Pearl Barley, Butternut Squash Fresh Sage Risotto (G)

Eat Curious Protein
Mushroom, Spinach and Lentil Lasagne (G,E,Mk)

Chestnut Mushroom & Lentil Wellington with Baby Spinach Sage and Onion (G,So)

Spanish Baked Potato, Spinach, Pepper & Spring Onion Tortilla (E,Mk)

Garden Goodness Sides

Steamed Cauliflower Lime & Chilli Slaw (E)

Sauté Savoy Cabbage Steamed Carrots

Steamed Broccoli Accent House Salad (Su,Mu)

Steamed Green Beans Sweetcorn

Garden Peas Baked Beans

Energy Boosters

Steamed Rice

Thyme Roast Baby Potatoes

Homemade Garlic Focaccia (G)

Crushed Potatoes with Spring Onion

Chips

Pudding

Jamaican Ginger Cake with Custard (G,E,Mk)

Rice Krispie Cake (G)

Pear & Fruits of the Forest Traybake (G,E,Mk)

Raspberry Jam & Coconut Sponge with Custard (G,E,Mk,Su)

Cookie of the Day (G,Mk,So)

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