

# WEEK 1 MENU *Spring*

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



	MON	TUES	WED	THUR	FRI
<b>Mighty Mains</b>	Slow Cooked Beef Bolognese with Pasta <b>(G)</b>	Vietnamese Style Caramel Coconut Chicken <b>(None)</b>	Lebanese Lamb with Minted Cucumber Yogurt and Flatbread <b>(G,Mk,So)</b>	Spanish Chorizo & Pork Pasta Bake with Cheesy Sauce <b>(G,Mk)</b>	Crispy Panko Breaded Chicken Katsu <b>(G,So)</b>
<b>Made With Ingredients Not Containing Gluten</b>	Slow Cooked Beef Bolognese with Gluten Free Pasta <b>(None)</b>	Vietnamese Style Caramel Coconut Chicken with Rice Noodles <b>(None)</b>	Lebanese Lamb with Spiced Rice <b>(None)</b>	Gluten Free & Dairy Free Chorizo & Pork Pasta Bake <b>(So)</b>	Gluten Free Chicken Katsu <b>(E,So)</b>
<b>Super Veggie Mains</b>	★ Roasted Mediterranean Penne Pasta with Cannellini Beans, Tomato, Broccoli Pesto and Vegan Cheese & Pasta <b>(G)</b>	Tofu & Mushroom Mapo Stir Fry <b>(G,So,Mu)</b>	★ Moroccan Courgette, Chickpea Patties with Baba Ghanoush and Flatbread <b>(G,E)</b>	★ Puy Lentil, Red Pepper Cannelloni with Tomato and Fresh Basil Sauce <b>(E,G,Mu,So)</b>	Panko Breaded Katsu Sweet Potato with Curry Sauce <b>(G,E,So)</b>
<b>Garden Goodness Sides</b>	Cauliflower Steamed Carrots	Asian Slaw with Chilli and Lime Sautéed Savoy Cabbage	Pea Tabbouleh <b>(G)</b> Steamed Green Beans	Garden Peas Broccoli	Pickled Tsukemono Vegetables Sweetcorn
<b>Energy Boosters</b>	Homemade Garlic Focaccia <b>(G)</b>	Egg Noodles with Ginger, Garlic & Spring Onion <b>(G,E,So)</b>	Lebanese Rice with Lentils <b>(G,Su)</b>	Homemade Garlic Focaccia <b>(G)</b>	Steamed Rice
<b>Pudding</b>	Apple & Blueberry Pie with Custard <b>(G,E,Mk)</b>	Chocolate Brownie <b>(G,E)</b>	Treacle Tart & Custard <b>(G,E,Mk,So)</b>	Sticky Pear & Ginger Cake <b>(G,E,Mk)</b>	Chocolate Marble Cake <b>(G, E)</b>

**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
<b>Mighty Mains</b>	Lamb Chilli with Tomato Salsa, Paprika, Red Kidney Beans in a soft Tortilla <b>(G)</b>	Roast of the Week & Gravy <b>(None)</b> Yorkshire Pudding <b>(G,E,Mk)</b> Homemade Stuffing <b>(G,E,Mk,So)</b>	Al Forno Italian Beef Lasagne <b>(G,E,Mk)</b>	Pork & Eat Curious Sausage Roll & Gravy <b>(G,E,Su)</b> Homemade Fruit Chutney <b>(Su)</b>	Battered Fish/Fish Fingers <b>(G,F)</b> Chunky Tartare Sauce <b>(E)</b> & Lemon Wedges Or Thai Fishcake, Coriander, Ginger & Sweet Chilli Sauce <b>(G,E,F)</b>
<b>Made With Ingredients Not Containing Gluten</b>	Mexican Lamb Chilli with Tomato Salsa, Kidney Beans <b>(None)</b>	Roast Of the Week, Gravy & Thyme Roast Baby Potatoes <b>(None)</b>	Traditional Slow Cooked Italian Beef Tomato Gluten Free Lasagne <b>(So)</b>	Pork & Eat Curious Sausage Roll <b>(Su)</b>	Gluten Free Fish with Chips <b>(F)</b>
<b>Super Veggie Mains</b>	<b>Eat Curious Protein</b>  Enchilada with Guacamole & Salsa <b>(G,So)</b> with Vegan Sriracha Mayo <b>(So,Mu,So)</b>	Vegan Pearl Barley, Butternut Squash Fresh Sage Risotto <b>(G)</b>	<b>Mushroom, Spinach and Lentil Lasagne</b> <b>(G,E,Mk)</b> 	Chestnut Mushroom & Lentil Wellington with Baby Spinach Sage and Onion <b>(G,So)</b>	Spanish Baked Potato, Spinach, Pepper & Spring Onion Tortilla <b>(E,Mk)</b>
<b>Garden Goodness Sides</b>	Steamed Cauliflower Lime & Chilli Slaw <b>(E)</b>	Sauté Savoy Cabbage Steamed Carrots	Steamed Broccoli Accent House Salad <b>(Su,Mu)</b>	Steamed Green Beans Sweetcorn	Garden Peas Baked Beans
<b>Energy Boosters</b>	Steamed Rice	Thyme Roast Baby Potatoes	Homemade Garlic Focaccia <b>(G)</b>	Crushed Potatoes with Spring Onion	Chips
<b>Pudding</b>	Jamaican Ginger Cake with Custard <b>(G,E,Mk)</b>	Rice Krispie Cake <b>(G)</b>	Pear & Fruits of the Forest Traybake <b>(G,E,Mk)</b>	Raspberry Jam & Coconut Sponge with Custard <b>(G,E,Mk,Su)</b>	Cookie of the Day <b>(G,Mk,So)</b>

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