

WEEK 1 MENU Summer

13/04/26, 04/05/26,
01/06/26, 22/06/26



MON

TUES

WED

THUR

FRI

Mighty Mains

Mexican Beef Chilli Con Carne with Pico De Gallo Salsa **(None)** Tortilla Chips **(None)** and Sour Cream **(Mk)**

Korean BBQ Chicken with Gochujang Mayo **(G,E,Mu,So)**
Prawn Crackers **(Cr,Su)**

Pasta Kitchen: Choose your Pasta and add your Favourite Sauce :
Slow Cooked Loaded Beef Ragout **(Ce,So)** or Bacon & Mushroom Carbonara **(G,Mk)**

Chicken Wrap with Salsa & Frijoles **(G,Mk)**


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

Super Veggie Mains

Waste Not Loaded Skins with Sour Cream **(Mk)**

Korean BBQ Crispy Breaded Tofu **(G,E,So)**

Vegan Lentil & Vegetable Bolognese **(G,Ce)**


Lightly Spiced Tofu Fajitas with Kale, Tomatoes & Peppers **(VE) (G, So)** 

Lentil, Mushroom & Spinach Sausages **(G,E)**

Garden Goodness Sides

Cajun Cauliflower
Steamed Broccoli

Sweetcorn
Sophie's Kimchi 
(G,Mu,So)

Parsley Powered Carrots & Beetroot 

Guacamole
Sour Cream **(Mk)**

Green Beans

Baked Beans

Energy Boosters

Braised Tomato Rice

Steamed Rice Noodles

Homemade Italian Bread **(G)**
Penne Pasta **(G)**
Wholemeal Pasta **(G)**

Roasted Corn on the Cob

Chips

Pudding

Lemon Drizzle Cake **(G,E)**

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

Sultana Flapjack **(G)**

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

White Chocolate & Raspberry Cookie **(G,Mk,So)**

*Allergens displayed

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!



Look for this logo on the menu to try a yummy seasonal special!

WEEK 2 MENU Summer

20/04/26, 11/05/26,
08/06/26, 29/06/26



	MON	TUES	WED	THUR	FRI
Mighty Mains	Slow Cooked Italian Beef Bolognese (None)	Roast of the Day with Gravy, Homemade Stuffing & Yorkshire Pudding (G,E,Mk,So)	Lamb Kofta with Crunchy Salad & Flatbread (G,So,Chickpea)	Tandoori Chicken with Mint & Cucumber Yogurt (Mk,So) Mild Curry Sauce (None)	Downsend Cheese Burger (Seasoned Homemade Beef & Pork Burger with Melted Cheese) (G,E,Mk,Su,So,Se)
Super Veggie Mains	Super Lentil, Mushroom & Spinach Bolognese (VE) (G) 	Green Summer Vegetable Risotto with Borlotti Beans (VE) 	Pea & Halloumi Fritters with Herby Yogurt (G,E,Mk,So)	Indonesian Chickpea & Butternut Squash Coconut Curry with Ginger & Basil (None)	Homemade Veggie Bean Burger (G,E,Mu,Su,Se)
Garden Goodness Sides	Tomato & Red Onion Salad Steamed Broccoli	Spring Greens Carrot with Fennel Seeds	Greek Salad (MK) Steamed Sweetcorn	Spiced Cauliflower Cumin Roasted Vegetables	Roasted Corn Ribs Homemade Relish Baked Beans
Energy Boosters	Homemade Italian Bread (G) Penne Pasta (G) Wholemeal Pasta (G)	Seasons Favourite Roasted New Season Potatoes	Lemon & Mint Cous Cous (G,So,M)	Naan (G) Steamed White & Wholemeal Rice	Chips
Pudding	Baked New York Cheesecake (G,E,Mk)	Jam Sponge & Custard (G,E,Mk)	Apricot Shortbread (G,Su)	Dorset Apple Cake (G,E,Mk)	Chocolate Brownie (G,E)

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WEEK 3 MENU Summer

27/04/26, 18/05/26,
15/06/26, 06/07/26



	MON	TUES	WED	THUR	FRI
Mighty Mains	Chicken Katsu Curry (G,So)	Slow Cooked Beef Lasagne (G,E,Mk)	Teriyaki Chicken (So,Mu)	Pork Meatballs with Tomato & Basil Sauce, Parmesan (G,Mk,Su)	Oven Baked Fish /Fish Fingers (G,F) Spiced Tuna Fishcake (F)
Super Veggie Mains	Vegetable Tempura with Homemade Sweet Chilli Sauce (G)	(VE) Chickpea & Roasted Summer Vegetable Lasagne (So) 	Sichuan Tofu & Vegetable Stir Fry (So)	Chestnut Mushroom & Parmesan Risotto (Ce.Mk) 	Egg & Cheddar Frittata with Peppers & Peas (E,Mk) 
Garden Goodness Sides	Pickled Tsukemono Vegetables  Steamed Sweetcorn	Steamed Cauliflower Chefs Salad	Coriander Carrots Garlic Roasted Chinese Leaves	Steamed Broccoli Panzanella (G,So) 	Minted Garden Peas  Baked Beans
Energy Boosters	Steamed Rice	Tomato Focaccia (G)	Egg Fried Rice (E,So) Vegetable Spring Roll (G,So)	Penne Pasta (G) Wholemeal Pasta (G) Homemade Italian Bread (G)	Chips
Pudding	Pineapple Upside Down Cake with Custard (G,E,Mk,Su)	Rice Krispie Cake (G)	Cookie of the day (G,Mk,So)	Sticky Toffee Pudding with Salted Caramel Sauce (G,E,Mk)	Ice Cream (Mk)

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