

MENU

Week 1 Begins:
30 Oct, 20 Nov, 11 Dec,
15 Jan, 5 & 26 Feb, 18 Mar

Monday

V Cheese Sandwiches
(Gluten/Milk/Soya)

Traditional Mince and Mealie
(Celery/Gluten)

Mashed Potatoes | Carrots |
Green Beans

Fresh Fruit Platter

TEA MENU

V Spaghetti Hoops on Toast
(Gluten/Soya)

We use locally grown
produce where possible!

Did you know you can
have two portions of
vegetables and one
portion of fruit daily?

Tuesday

Chicken Mayonnaise Wrap
(Gluten/Milk/Egg/Mustard)

V Gnocchi Bake
(Gluten)

Crusty Bread | Peas | Coleslaw

Fresh Fruit Platter

TEA MENU

V Egg Roll
(Gluten/Egg/Milk/Mustard/
Sesame/Soya)

Thursday

Ham Sandwiches
(Gluten/Soya)

V Vegetable Risotto
(Celery)

Potato Croquettes | Sweetcorn |
Beetroot

Seasonal Fresh Fruit Salad
with Natural Yoghurt (Milk)

TEA MENU

V Pizza Fingers
(Gluten/Milk)

Wednesday

– Meat free day –

V Cheese Panini
(Gluten/Milk/Sesame)

V Vegetable Curry
(Celery/Egg/Mustard)

Rice | Diced Mixed Veg |
Grated Carrots

Fresh Fruit Platter

TEA MENU

V Lentil Soup with Crusty Bread
(Celery/Gluten)

Friday

Salmon Nuggets
(Gluten/Fish)

V Leek and Potato Gratin
(Celery/Milk)

Pasta | Broccoli | Mixed Veg

Fresh Fruit Platter

TEA MENU

V Cheese on Toast
(Gluten/Milk/Soya)

Allergies

If you have an allergy,
please speak to a member
of the catering staff

Options and quality

Vegan, Gluten Free &
Dairy Free options are
available daily!

We use locally grown
produce where possible!

Daily



Glass of
water



Salad
selection



Fresh Fruit



MENU

Week 2 Begins:
6 & 27 Nov, 18 Dec, 22 Jan,
12 Feb, 4 & 25 Mar

Monday

V Cheese Sandwiches
(Gluten/Milk/Soya)

V Tomato Pasta
(Gluten/Mustard/Soya)

Potato Croquettes | Baked Beans |
Peas

Fresh Fruit Platter

TEA MENU

V Pizza Fingers
(Gluten/Milk)

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produce where possible!

Did you know you can
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vegetables and one
portion of fruit daily?

Tuesday

GF Salmon Fish Finger in a bun
(Gluten/Fish/Egg/Milk/
Sesame/Soya)

V Mediterranean Veg Quiche
(Gluten/Egg/Milk)

Rice | Broccoli | Sweetcorn

Fresh Fruit Platte

TEA MENU

V Potato Soup with Crusty Bread
(Celery/Gluten)

Thursday

– Meat free day –

V Egg Mayonnaise Roll
(Gluten/Egg/Milk/Mustard/
Sesame/Soya)

V Macaroni Cheese
(Gluten/Milk/Mustard/Soya)

Garlic Bread | Peas | Beetroot

Fruit Platter

TEA MENU

V Ham roll or Cheese roll
(Gluten/Milk/Sesame/Soya/Egg)

Wednesday

BBQ Chicken Wrap
(Gluten)

V Jacket Potato with Quorn Chilli
(Gluten/Egg)

Roast Potatoes | Carrots | Coleslaw

Seasonal Fresh Fruit Salad
with Natural Yoghurt (Milk)

TEA MENU

V Pasta Salad (Gluten/Egg/
Milk/Mustard/Soya)

Friday

Ham Sandwiches
(Gluten/Soya)

V Vegetable Frittata
(Egg/Milk/Sulphur Dioxide)

Potato Wedges | Sweetcorn |
Mixed Veg

Fresh Fruit Platte

TEA MENU

V Spaghetti Hoops on Toast
(Gluten/Soya)

Allergies

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Options and quality

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Daily



MENU

Week 3 Begins:
13 Nov, 4 Dec, 8 & 29 Jan,
19 Feb, 11 Mar

Monday

Sliced Chicken Roll
(Gluten/Milk/Sesame/Soya/
Egg)

V Baked Potato with Cheese
(Milk)

Cous Cous | Peas | Beans

Fresh Fruit Platter

TEA MENU

V Beans on Toast
(Gluten/Soya)

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produce where possible!

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portion of fruit daily?

Tuesday

Tuna Mayonnaise Sandwiches
(Gluten/Milk/Egg/ Fish/
Mustard/Soya)

V Vegetable Jambalaya
(Celery/Sulphur Dioxide)

Crusty Bread | Veg Medley |
Cucumber Sticks

Seasonal Fresh Fruit Salad
with Natural Yoghurt (Milk)

TEA MENU

V Lentil Soup and Crusty Bread
(Gluten/Celery)

Thursday

V Quorn Beef Fajita
(Gluten)

Roast Chicken
with Gravy and Yorkie
(Gluten/Eggs/Milk)

Roast Potatoes | Brussels Sprouts |
Sweetcorn

Fresh Fruit Platter

TEA MENU

V Cheese on Toast
(Gluten/Milk/Soya)

Wednesday

Cod and Salmon Fishcake
(Gluten/Fish)

V Cauliflower Cheese (Milk)

Potato Croquettes | Carrots |
Broccoli

Fresh Fruit Platter

TEA MENU

Turkey Salad Wrap
(Gluten/Egg/Milk/Mustard) or
V Grated carrot and hummus
wrap (Gluten)

Friday

– Meat free day –

V Egg Mayonnaise Roll
(Gluten/Egg/Milk/Mustard/
Sesame/Soya)

V Stuffed Crust Cheese and
Tomato Pizza (Gluten/Milk)

Garlic Bread | Mixed Veg | Beetroot

Fruit Platter

TEA MENU

V Pasta Salad (Gluten/Egg/
Milk/Mustard/Soya)

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Daily



Glass of
water



Salad
selection



Fresh Fruit

