

Three Week Rotating Menu (starts 31st Aug)

Week 1 (Aug 31st - Sep 4th)



Comes with

MON	<ul style="list-style-type: none"> Chicken Pesto Pasta Bake (W)(M) 	<ul style="list-style-type: none"> Or Beef bourguignon with basmati rice and crispy onions (M) (S) 	<ul style="list-style-type: none"> Or Tomato and mozzarella Bruschetta (W) with Root Vegetable Soup (M) 	<ul style="list-style-type: none"> A piece of fruit Banana Bread (W) (M) (E)
TUES	<ul style="list-style-type: none"> Homemade Beef Lasagne (W) (M) (C) 	<ul style="list-style-type: none"> Or Butternut Squash and broccoli lasagne (W) (M) (E)(C) 	<ul style="list-style-type: none"> Or Chicken caesar wrap with (W) GardenVegetable soup (M) 	<ul style="list-style-type: none"> A Piece of fruit Carrot Cake (W) (M) (E)
WED	<ul style="list-style-type: none"> Homemade pastry sausage Roll with Leek and Potato Soup (W) (M) (E) (C) 	<ul style="list-style-type: none"> Or Chicken a la king (M) 	<ul style="list-style-type: none"> Or Ham and cheese toastie with Leek and potato soup (W) (M) 	<ul style="list-style-type: none"> A piece of fruit Berry Sponge (W) (M) (E)
THUR	<ul style="list-style-type: none"> Chicken Teriyaki with Basmati Rice (S) (SS) 	<ul style="list-style-type: none"> Or Spaghetti and meatballs in Italian tomato sauce (W) (C) 	<ul style="list-style-type: none"> Or Falafel wrap (W) (M)(E) with Tomato and Basil Soup 	<ul style="list-style-type: none"> A piece of fruit A flapjack (W) (M) (E)
FRI	<ul style="list-style-type: none"> Chicken and Vegetable Curry with Basmati Rice (C) 	<ul style="list-style-type: none"> Or Asian Noodle Salad (SS) (S)(W) with Vegetable Soup (M) 	<ul style="list-style-type: none"> Or Hot Cajun Chicken Baguette with Vegetable Soup (W) (E) 	<ul style="list-style-type: none"> A piece of fruit A chocolate chip cookie (W) (M) (E)

(W)= Wheat

(M) = Milk

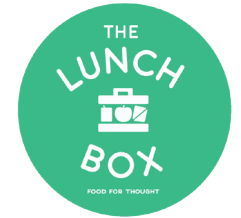
(E) = Egg

(S) = Soy

(SS) = Seseme Seeds

(C) = Celery

Week 2(Sep 7th - Sep 11th)

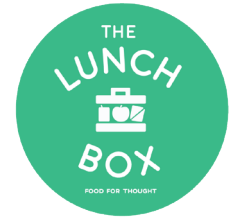


Comes with

MON	<ul style="list-style-type: none"> Pasta Bolognese Or Homemade chicken goujons with roast new potatoes (W) (C)(M) 	<ul style="list-style-type: none"> Homemade chicken goujons with roast new potatoes Or Hot Vegetarian Fajita with roast new Potatoes (W) 	<ul style="list-style-type: none"> Hot Vegetarian Fajita with roast new Potatoes Or Pesto Pasta salad (W)(M) with Leek and potato soup (C) (W) 	<ul style="list-style-type: none"> A piece of fruit Banana Bread (W) (M) (E)
TUES	<ul style="list-style-type: none"> Chicken Fajita Wrap with baby roast potatoes Or Tex Mex Chilli Beef with basmati rice (W) 	<ul style="list-style-type: none"> Tex Mex Chilli Beef with basmati rice Or Chicken tikka with basmati rice (C) 	<ul style="list-style-type: none"> Pesto Pasta salad (W)(M) with Leek and potato soup (C) Or Asian Noodle salad (W) (E) with Tomato soup (C) (C) 	<ul style="list-style-type: none"> A Piece of fruit Carrot Cake (W) (M) (E)
WED	<ul style="list-style-type: none"> Homemade pastry sausage rolls with roast baby potatoes Or Home Baked Ham and Cheese Baked Potato (C) (W) (E)(M) 	<ul style="list-style-type: none"> Chicken tikka with basmati rice Or Indian Vegetable Curry with basmati rice (M) (C) 	<ul style="list-style-type: none"> Hot Chicken Pesto Baguette with mozzarella with Vegetable soup(C) Or Tosted ham and cheese wrap (W)(M) with Vegetable Soup (C) (W) (M) (E) 	<ul style="list-style-type: none"> A piece of fruit Berry Sponge (W) (M) (E)
THUR	<ul style="list-style-type: none"> Home Baked Ham and Cheese Baked Potato Or Veggie Burger with Baby roast potatoes (M) 	<ul style="list-style-type: none"> Indian Vegetable Curry with basmati rice Or Beef Lasagne (C) 	<ul style="list-style-type: none"> Hot Chicken Pesto Baguette with mozzarella with Vegetable soup(C) Or Tosted ham and cheese wrap (W)(M) with Vegetable Soup (C) (W) (M) (E) 	<ul style="list-style-type: none"> A piece of fruit A flapjack (W) (M) (E)
FRI	<ul style="list-style-type: none"> Veggie Burger with Baby roast potatoes Or Beef Lasagne (M)(S)(W)(C) 	<ul style="list-style-type: none"> Beef Lasagne Or Tosted ham and cheese wrap (W)(M) with Vegetable Soup (C) (W)(C)(M) 	<ul style="list-style-type: none"> Tosted ham and cheese wrap (W)(M) with Vegetable Soup (C) Or Hot Chicken Pesto Baguette with mozzarella with Vegetable soup(C) (W) (M) (E) 	<ul style="list-style-type: none"> A piece of fruit A chocolate chip cookie (W) (M) (E)

(W)= Wheat | (M) = Milk incl all milk products | (E) = Egg | (S) = Soy | (SS) = Seseme Seeds | (C) = Celery

Week 3(Sep 14th - Sep18th)



Comes with

MON	<ul style="list-style-type: none"> Spaghetti and Meatballs in Italian tomato sauce (W) (C) (M) Or Vegetarian Pasta bake (W) 	<ul style="list-style-type: none"> Slow cooked beef wrap with secret sauce (W)(E) & Tomato and basil Soup (C) Or Cottage Pie (C) 	<ul style="list-style-type: none"> A piece of fruit Banana Bread (W) (M) (E) 	
TUES	<ul style="list-style-type: none"> Chicken and Vegetable fried rice (SS) (S) Or Chinese Chicken Curry (M)(S)(W) (C) 	<ul style="list-style-type: none"> Falafel wrap (W) (E) Or Tomato and Basil Soup (C) 	<ul style="list-style-type: none"> Tomato and mozzarella Bruchetta (W)(M) with Vegetable soup (C) Or Chicken pesto and mozzarella hot roll (W)(E) with Leek and potato soup (C) 	<ul style="list-style-type: none"> Piece of fruit Carrot Cake (W) (M) (E) A piece of fruit Berry Sponge (W) (M) (E)
WED	<ul style="list-style-type: none"> Asian Noodle Vegetable Salad (W) (SS) (S) with Tomato and Basil Soup (C) Or Homemade Beef Lasagne (W) (C) (M) 	<ul style="list-style-type: none"> Homemade Beef Burger on a brioche Bun with roast baby potatoes (W) (M) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Veggie Caesar Salad with (W) (M) Vegetable Soup (C) and homemade brown bread (W) (M) Or Chicken fillet Bap (W)(E) with Tomato and Basil Soup (C) 	<ul style="list-style-type: none"> A piece of fruit A flapjack (W) (M) (E) A piece of fruit A chocolate chip cookie (W) (M) (E)
THUR	<ul style="list-style-type: none"> Chicken and Chickpea Indian Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Homemade Beef Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Homemade Beef Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Homemade Beef Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W)
FRI	<ul style="list-style-type: none"> Chicken and Chickpea Indian Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Homemade Beef Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Homemade Beef Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W) 	<ul style="list-style-type: none"> Homemade Beef Curry (M) (S)(W) Or Homemade Beef Curry (M) (S)(W)

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