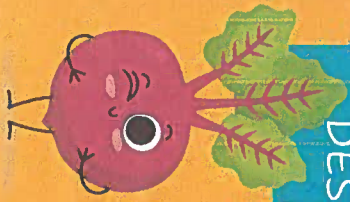


WEEK
COMMENCING
 1st September 22nd
 September 13th October,
 November 1st
 December

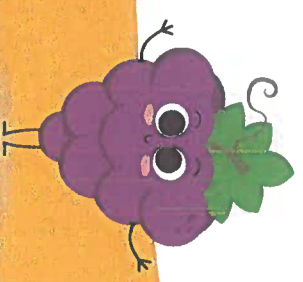
MENU CYCLE WEEK ONE

DAILY OPTIONS
 JACKET POTATOES
 SANDWICHES
 FRUIT
 SALAD BAR PROVIDED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Sausages & Red Onion Gravy	Fruity Chicken Curry	Roast Chicken with Stuffing & Gravy	Reduced Carbon Pasta Bolognese	Crispy battered fish with lemon mayonnaise
VEGETARIAN	Quorn Sausages	Shepherdess Pie	Creamy Vegetable Puff Pastry Pie	Jacket skins topped with Smokey Vegetable Chilli	Vegan hotdog with ketchup & onions
SIDES	Creamy Mashed Potato	Fragrant Rice	Roast potatoes	Garlic Slice	Chips
VEGETABLES	Garden Peas	Sweetcorn	Seasonal Greens, Glazed Carrots, Gravy	Chef's Salad	Baked beans, peas, gravy
DESSERTS	Apple & blueberry muffin	Jelly	Autumn crunchy crumble with custard	Iced sponge	Butterscotch Mousse



Food Allergies and Intolerance
 Report any allergic reactions to food or drink to the staff from our Allergies or Intolerance team. If you have a severe allergic reaction, please call 999. Allergen advice is available on the menu.



WEEK
COMMENCING
8th September, 29th September,
20th October 17th November
2nd November 8th December

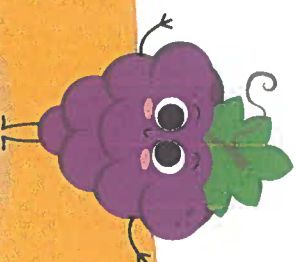
MENU CYCLE WEEK TWO

DAILY OPTIONS
JACKET POTATOES
SANDWICHES
FRUIT
SALAD BAR PROVIDED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Sticky BBQ Chicken with Savoury Vegetable Rice	Hot Dog with Ketchup & Onions	Reduced Carbon Minced Beef & Potato Pie	Mexican Chicken Wrap	Fish Fingers
VEGETARIAN	Roasted Vegetable Tomato Pasta Bake	Handmade Bean Burger with Salad & Ketchup	Puff Pastry Vegetable Wellington	Macaroni Cheese with a Crunchy Garlic Topping	Cheesy Bean Burrito Wrap
SIDES	Vegetable Rice	Hand Cut Wedges	New Potatoes	New potato salad	Chips
VEGETABLES	Garden Peas	Fruity Winter Slaw	Broccoli & Cauliflower	Seasonal Salad	Baked beans, Peas, Gravy
DESSERTS	Berry Jelly	Chocolate cake with custard	Apple & autumn berry Crumble & custard	Sticky gingerbread cake with custard	Cinnamon Apple flapjack

**Food Allergies
and Intolerance**

If you require information
on allergies or suffer from
a food intolerance, please
contact all dietitians
for more information.

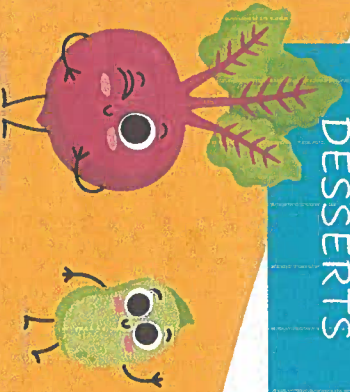




MENU CYCLE WEEK THREE

DAILY OPTIONS
JACKET POTATOES
SANDWICHES
FRUIT
SALAD BAR PROVIDED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Reduced Carbon Tandoori Chicken Flatbread with Minty Yogurt	Traditional Cottage Pie	Roast Chicken, Stuffing & Gravy	Reduced Carbon Beef Chilli	Breaded Fish Fillet Burger with Mayonnaise
VEGETARIAN	Quorn Meatballs with Tomato Sauce	Cheese & Potato Puff Pastry Slice	Roasted pepper Quiche	Sweet Potato, Spinach & Chickpea Curry	Stuffed Crust Margharita Pizza
SIDES	Pasta	New Potatoes	Roast Potatoes	Golden Rice	Chips
VEGETABLES	Winter Slaw Sweetcorn	Baked Beans	Roasted Roots	Green Beans	Peas, Baked beans
DESSERTS	Apple crumble with custard	Chocolate Mousse	Pineapple Upside Down Sponge & Custard	Carrot cake with custard	Chocolate & vanilla swirl shortbread



Food Allergies and Intolerance
It is good to have information on all allergens so suffer from a food intolerance, please advise to a food intolerance before you enter your food and drink.

