



Food  
For  
Thought

# MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

week

1

**BEEF BOLOGNAISE,  
PASTA &  
GARLIC BREAD**

(contains wheat/gluten/may contain anchovy - fish)

-  
VEG

-  
PUDDING

**CHICKEN TIKKA,  
RICE & NAAN  
BREAD**

(contains wheat/gluten/milk)

-  
VEG

-  
PUDDING

**FISH FINGERS &  
HERBY POTATOES**

(contains wheat/gluten/ fish/ dairy/mustard)

-  
VEG OR BEANS

-  
PUDDING

**ROAST CHICKEN &  
STUFFING WITH  
GRAVY & ROAST  
POTATOES**

(contains wheat/gluten/soya)

-  
VEG

-  
PUDDING

**SOUTHERN FRIED  
CHICKEN**

(contains wheat/gluten/ celery)

**Or FISH GOUJONS  
& CHIPS**

(contains wheat/gluten/fish/ mustard)

-

**VEG OR BEANS**

-  
PUDDING

week

2

**SAUSAGE MASH &  
GRAVY**

(contains wheat/gluten/soya/ milk)

-  
VEG

-  
PUDDING

**CHILLI CON CARNE,  
RICE & GARLIC  
BREAD**

(contains wheat/gluten)

-  
VEG

-  
PUDDING

**CRISPY CHICKEN  
DRUMSTICKS,  
ONION RINGS &  
WEDGES**

(contains wheat/gluten)

-  
VEG

-  
PUDDING

**ROAST BEEF &  
YORKSHIRE  
PUDDING WITH  
ROAST POTATOES &  
GRAVY**

(contains wheat/gluten/eggs/ milk/soya)

-  
VEG

-  
PUDDING

**SOUTHERN FRIED  
CHICKEN**

(contains wheat/gluten/ celery)

**Or FISH GOUJONS  
& CHIPS**

(contains wheat/gluten/fish/ mustard)

-

**VEG OR BEANS**

-  
PUDDING

week

3

**PORK MEATBALLS  
IN TOMATO SAUCE  
& SPAGHETTI**

(contains wheat/gluten/milk/ eggs)

-  
PUDDING

**CHICKEN  
ENCHILADAS**

(contains wheat/gluten/milk)

-  
VEG/

-  
PUDDING

**BEEF LASAGNE &  
GARLIC BREAD**

(contains wheat/gluten/milk/ mustard/anchovy - fish)

-  
VEG

-  
HOT PUDDING

**ROAST CHICKEN &  
STUFFING WITH  
GRAVY & ROAST  
POTATOES**

(contains wheat/gluten/soya)

-  
VEG

-  
PUDDING

**SOUTHERN FRIED  
CHICKEN**

(contains wheat/gluten/ celery)

**Or FISH GOUJONS  
& CHIPS**

(contains wheat/gluten/fish/ mustard)

-

**VEG OR BEANS**

-  
PUDDING

week

4

**CHICKEN KORMA,  
RICE & NAAN  
BREAD**

(contains wheat/gluten/milk)

-  
PUDDING

**MINCED BEEF &  
ONION PIE WITH  
MASHED POTATO &  
GRAVY**

(contains wheat/gluten/milk/ soya/may contain nuts)

-  
VEG

-  
PUDDING

**MACARONI CHEESE**

(contains wheat/gluten/milk/ mustard)

-  
VEG OR BEANS

-  
PUDDING

**ROAST BEEF &  
YORKSHIRE  
PUDDING WITH  
ROAST POTATOES &  
GRAVY**

(contains wheat/gluten/eggs/ milk/soya)

-  
VEG

-  
PUDDING

**SOUTHERN FRIED  
CHICKEN**

(contains wheat/gluten/ celery)

**Or FISH GOUJONS  
& CHIPS**

(contains wheat/gluten/fish/ mustard)

-

**VEG OR BEANS**

-  
PUDDING

## DESSERT OPTIONS

ARCTIC ROLL (contains wheat/gluten/eggs/milk/soya)

PINEAPPLE UPSIDE DOWN (contains wheat/gluten/eggs/milk)

JAM ROLY POLY (contains wheat/gluten/may contain nuts)

TRIFLE (contains eggs/milk/soya /may contain gluten)

CHOCOLATE LOG (contains wheat/gluten/eggs/milk/soya/may contain nuts)

MOUSSE (STRAWBERRY, RASPBERRY, CHOCOLATE) (contains milk)

APPLE CRUMBLE (contains wheat/gluten/milk)

FROZEN SMOOTHIE (STRAWBERRY, RASPBERRY)

ANGEL DELIGHT (STRAWBERRY,CHOCOLATE, BUTTERSCOTCH) (contains

CUSTARD (contains eggs/milk/soya/may contain gluten)

**Daily vegetarian option:**

Jacket potato with various fillings

Pasta and veg sauce

Grab and Go Counter

