

# KITCHEN

WEEK ONE



**Allergen key**  
 C-Celery G-Gluten Cr-Crustaceans E-Eggs F- Fish L-Lupin M-Milk Ms-Molluscs  
 Mu-Mustard N-Nuts P-Peanuts SS-Sesame Seeds S-Soya Su-Sulphur dioxide



## MORE THAN SCHOOL DINNERS

Our menus are all cooked fresh onsite daily, using the very best produce, British free-range eggs, red tractor approved British meats & sustainable fish. Our goals is to create food memories that last a lifetime.

### MONDAY

**LAMB HOT POT**  
 Slow cooked lamb & vegetables in an onion gravy topped with crispy potatoes  
**M G F**

**CHEFS QUICHE**  
 Homemade roasted vegetable & cheese quiche, potato salad  
**E G M**

Garden peas  
 Roasted carrots

### TUESDAY

**BOLOGNESE**  
 Wholemeal penne, British braised mince beef in a fresh basil, tomato & oregano ragu  
**G**

**MAC 'N' CHEESE**  
 Seriously cheese macaroni cheese bake.  
**M G**

Mediterranean Veg  
 Chefs wild salad

### WEDNESDAY

**ROAST PORK**  
 Crispy roast British pork, sage & onion stuffing, crispy baked roasties, apple gravy  
**G**

**ROAST CAULI STEAK**  
 Smashed pea hummus, crispy baked potatoes,  
**SS**

Hispi cabbage  
 Baked parsnips  
 Carrots

### THURSDAY

**CHICKEN TIKKA**  
 Sweet curry sauce, braised rice, mini naan bread  
**G M**

**VEGETABLE SAMOSA**  
 Curried mayo dip, warm asian slaw  
**E G**

Pak choi  
 Warm asian veg

### FRIDAY

**CRISPY COD LOIN**  
 Oven baked (msc) Cod fillet, skin on baked fries, tartar sauce  
**M G F Mu**

**NOT FISH FINGERS**  
 Crushed garden peas, Oven baked fries, tartar sauce  
**M G Mu**

Garden peas (Low Salt)  
 Baked beans

**THE MAIN EVENT**

**MEAT FREE**

**ON THE SIDE**

**SALAD BAR**

**OVEN BAKED POTATOES**

**SCHOOL PUDDINGS**

Jacket potato  
 Baked beans,  
 Tuna & spring onion,  
**F E**  
 Cheese  
**M**  
 Cranberry Flapjack  
**M G**

Jacket potato  
 Baked beans,  
 Tuna & spring onion,  
**F E**  
 Cheese  
**M**  
 Carrot Cake  
**E G M**

Jacket potato  
 Baked beans,  
 Tuna & spring onion,  
**F E**  
 Cheese  
**M**  
 Rice Pudding Bar  
**M**

Jacket potato  
 Baked beans,  
 Tuna & spring onion,  
**F E**  
 Cheese  
**M**  
 Old School  
 Chocolate Sponge &  
 Custard.  
**G E M**

Jacket potato  
 Baked beans,  
 Tuna & spring onion,  
**F E**  
 Cheese  
**M**  
 Chocolate & Beetroot  
 Brownie  
**G E M**

Chefs selection of seasonal salads  
 Low fat dressing & dips.  
 Homemade bread

Selection of fresh fruit pots  
 & Natural yoghurt pots