

AUTUMN
WINTER
2026

FRESH!

NUTRITIOUS

HOT DISHES

TASTY

DELI DISHES

OPTION
1

BBQ Vegetable Pizza
with Potato Wedges

Bean and Cheese Pastry
Turnover
with Herby Diced Potatoes

Roast BBQ Quorn
with Roast Potatoes, Stuffing and
Gravy

Vegetable Lasagne
With Garlic Dough Balls

Southern Fried Chicken
with Chips

OPTION
2

Cheese and Tomato Pizza
with Nut-Free Pesto Pasta

Pork Sausages
with Mashed Potato and Gravy

Roast Gammon
with Roast Potatoes, Stuffing and
Gravy

Mince Beef and Onion Pie
with Mashed Potato

Quorn Dippers
with Chips

OPTION
3

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta

HOT DISHES ARE SERVED WITH TWO VEGETABLES

OPTION
4

Ham Sandwich

Ham Sandwich

Roast Chicken Pitta Pocket

Ham Sandwich

Ham Sandwich

OPTION
5

Cheese Sandwich

Tuna & Sweetcorn Sandwich

Cheese Sandwich

Tuna Mayonnaise Sandwich

Cheese Sandwich

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT

Lemon Cookie

Chocolate Crunch

Apple Crumble
with Custard

Chocolate Crispy Bar

Chocolate Ice Cream

AVAILABLE DAILY



FRESH FRUIT, SALAD,
YOGHURT AND WATER

Vegetarian Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

FRUITY!

WEEK 1
WEEK 2
WEEK 3

W/C: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027,
15/02/2027, 08/03/2027

AUTUMN WINTER 2026

FRESH!

NUTRITIOUS

HOT DISHES

TASTY

DELI DISHES

**OPTION
1**
Vegan Meatball Baguette
with Potato Wedges 🌱

Beany Vegetable Burger
with Potato Wedges 🌱 🍷

Quorn Roast
with Potatoes, Yorkshire Pudding
and Gravy 🌱

Beany Pasta Bake
🌱 🍷 🍷

Southern Fried Chicken
with Chips

**OPTION
2**
Cheese and Tomato Pizza
with Nut-Free Pesto Pasta 🌱 🍷

Cheeseburger
with Herby Diced Potatoes

Roast Chicken
with Mashed Potato, Yorkshire
Pudding and Gravy 🍷

Mince Beef Cobbler
with Mashed Potato Gravy

Fish Fingers
with Chips

**OPTION
3**
Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🍷

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🍷

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🍷

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🍷

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🍷 🍷

HOT DISHES ARE SERVED WITH TWO VEGETABLES
**OPTION
4**
Ham Sandwich
Tuna & Sweetcorn Sandwich
Cheese Sandwich
Cheese Sandwich
Tuna & Sweetcorn Sandwich
**OPTION
5**
Cheese Sandwich
Cheese Sandwich
Ham Sandwich
Ham Sandwich
Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD
DESSERT
Chocolate Cookie
🌱 🍷 🍷

Strawberry Ice Cream
Apple and Berry Crumble
with Custard 🍷 🍷

Chocolate Fudge Cake
Cornflake Tart
AVAILABLE DAILY

**FRESH FRUIT, SALAD,
YOGHURT AND WATER**

🌱 Vegetarian 🌱 Vegan 🐟 Oily Fish 🍷 Fruity! 🍷 Wholegrain 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

FRUITY!

**WEEK 1
WEEK 2
WEEK 3**

W/C: 09/11/2026, 30/11/2026, 21/12/2026, 11/01/2027, 01/02/2027,
22/02/2027, 15/03/2027

AUTUMN WINTER 2026

FRESH!

NUTRITIOUS

HOT DISHES

TASTY

DELI DISHES

**OPTION
1**

Beany Chilli with Baked Nachos
with Wholegrain Rice 🌱 🌾 🍷

**OPTION
2**

Cheese and Tomato Pizza
with Nut-Free Pesto Pasta 🌱 🌾

**OPTION
3**

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🌾

**OPTION
4**

Cheese Sandwich

**OPTION
5**

Ham Sandwich

DESSERT

Oat Cookie
with fresh fruit slices 🌱 🍏 🍷

TUESDAY

Chinese Vegetable Noodles
🌱 🍷

Homemade Sausage Roll
with Herby Diced Potatoes

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🌾

Tuna & Sweetcorn Sandwich

Cheese Sandwich

Strawberry Ice Cream

WEDNESDAY

Quorn Roast
with Mashed Potato, Yorkshire
Pudding and Gravy 🌱

Roast Pork
with Mashed Potato, Yorkshire
Pudding and Gravy

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🌾

Roast Chicken Pitta Pocket

Ham Sandwich

Chewy Muesli Fruit Bar
🌱 🍷

THURSDAY

Cheesy Bean Burrito
with Wholegrain Rice 🌱 🌾 🍷

Beef Bolognese
with Wholewheat Pasta 🌾 🍷

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🌾

Cheese Sandwich

Tuna and Sweetcorn Pitta Pocket

Chocolate Sponge
with Chocolate Custard

FRIDAY

Quorn Dippers
with Chips 🌱

Southern Fried Chicken
with Chips

Tomato Pasta
Fresh, homemade Tomato Sauce
with Penne Pasta 🌱 🌾 🍷

Cheese Sandwich

Ham Sandwich

Vanilla Ice Cream

HOT DISHES ARE SERVED WITH TWO VEGETABLES

DELI DISHES ARE SERVED WITH MIXED SALAD

AVAILABLE DAILY


**FRESH FRUIT, SALAD,
YOGHURT AND WATER**

🌱 Vegetarian 🌱 Vegan 🐟 Oily Fish 🍏 Fruity! 🌾 Wholegrain 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

FRUITY!

**WEEK 1
WEEK 2
WEEK 3**

W/C: 16/11/2026, 07/12/2026, 28/12/2026, 18/01/2027, 08/02/2027,
01/03/2027, 22/03/2027

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Margherita Pitta Pizza FFL (249 kcal,1042 kJ)		✓ Wheat					✓						MC	
BBQ Vegetable Pizza (187 kcal,782 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							
NUT FREE Pesto Pasta (99 kcal,414 kJ)		✓ Wheat					✓							
Bean and Cheese Pastry Turnover (243 kcal,1017 kJ)		✓ Wheat					✓							
Herby Diced Potatoes (88 kcal,368 kJ)														
Pork Sausage Bites (121 kcal,506 kJ)		✓ Wheat											✓	✓
Mashed Potatoes (93 kcal,389 kJ)														
Roast Gammon (73 kcal,305 kJ)														
Quorn Roast (45 kcal,188 kJ)				✓			✓							
ROAST POTATOES PRI (82 kcal,343 kJ)														
Honey Roast Gammon Pitta (149 kcal,623 kJ)		✓ Wheat					MC						MC	
Sage Stuffing (35 kcal,146 kJ)		✓ Wheat												
Gravy (10 kcal,42 kJ)														

Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- MC = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetable Lasagne FFL (402 kcal,1682 kJ)		✓ Wheat		MC			✓		MC				MC	
Garlic Dough Balls (59 kcal,247 kJ)		✓ Wheat												
Beef Mince and Onion Pie (211 kcal,883 kJ)		✓ Wheat												
Southern Fried Chicken Goujon (175 kcal,732 kJ)	✓	✓ Wheat												
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
Chips Pri (104 kcal,435 kJ)														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							
Vegan Meatball Baguette (343 kcal,1435 kJ)		MC Barley ✓ Wheat										MC		
POTATO WEDGES 1/2 PORTION (44 kcal,184 kJ)														
NUT FREE Pesto Pasta (99 kcal,414 kJ)		✓ Wheat					✓							
Beany Vegetable Burger (239 kcal,1000 kJ)	✓	✓ Wheat		✓			✓					MC		
Beef Burger (191 kcal,799 kJ)	✓	✓ Wheat										MC		✓
Herby Diced Potatoes (88 kcal,368 kJ)														
Quorn Roast (45 kcal,188 kJ)				✓			✓							
ROAST POTATOES PRI (82 kcal,343 kJ)														
Yorkshire Pudding 3 inch (58 kcal,243 kJ)		✓ Wheat		✓			✓							
Gravy (10 kcal,42 kJ)														
Beany Pasta Bake (294 kcal,1230 kJ)		✓ Wheat					✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beef Mince Cobbler (188 kcal,787 kJ)		✓ Wheat					✓							
Mashed Potatoes (93 kcal,389 kJ)														
Southern Fried Chicken Goujon (175 kcal,732 kJ)	✓	✓ Wheat												
Fish Fingers (146 kcal,611 kJ)		✓ Wheat			✓									
Chips Pri (104 kcal,435 kJ)														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Red Pepper Nut Free Pesto Spaghetti (251 kcal,1050 kJ)		✓ Wheat					✓							
CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							
NUT FREE Pesto Pasta (99 kcal,414 kJ)		✓ Wheat					✓							
Cheese and Tomato Quiche (237 kcal,992 kJ)		✓ Wheat		✓			✓							
Sausage Rolls (246 kcal,1029 kJ)		✓ Barley ✓ Wheat												✓
Herby Diced Potatoes (88 kcal,368 kJ)														
Roast Gammon (73 kcal,305 kJ)														
Quorn Roast (45 kcal,188 kJ)				✓			✓							
Mashed Potatoes (93 kcal,389 kJ)														
Yorkshire Pudding 3 inch (58 kcal,243 kJ)		✓ Wheat		✓			✓							
Gravy (10 kcal,42 kJ)														
Macaroni Cheese (257 kcal,1075 kJ)		✓ Wheat					✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beef Bolognese (126 kcal,527 kJ)														
Pasta Wholemeal (156 kcal,653 kJ)		✓ Wheat												
Chicken Parmo (169 kcal,707 kJ)	✓	✓ Wheat					✓							
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
Chips Pri (104 kcal,435 kJ)														

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- Adults need around 2000 kcal a day