

WEEK 1

MONDAY

SOUP: LEEK AND POTATO (V,GF, CE)
MAIN COURSE: PIRI PIRI CHICKEN WITH ROASTED VEGETABLES CRISPY POTATOES (GF, H, CE, M)
VEGETARIAN MAIN: TAGLIATELLE WITH CAULIFLOWER AND BROCCOLI CHEESE (V, CE, MU, C, E)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
DELI WRAP: CHICKEN AND PEPPERS (C, H)
DESSERT: CHERRY FLAPJACK (C, M)

TUESDAY

SOUP: SWEET POTATO (V,GF, CE)
MAIN COURSE: BEEF LASAGNE WITH GARLIC BREAD (M, MU, C,CE, E, SS, S)
VEGETARIAN MAIN: CHICK PEA AND SWEET POTATO SAMAOSA WITH CUCUMBER & YOGHURT AND SAAG GOBI (CAULI/ SPINACH & POTATO CURRY) (C, CE, S, SS)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN TERIYAKI (GF,H, CE), VEGETABLE SWEET AND SOUR (GF,V,CE)
DESSERT: CHOCOLATE MOUSSE (C, E, M)

WEDNESDAY

SOUP: MUSHROOM (V,GF, CE)
MAIN COURSE: PORK HOT DOG (C, E, SD) IN A BUN (SS, C,M)
VEGETARIAN MAIN: QUORN HOT DOG SERVED IN FLOUR ROLL (V, S, C SS, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: MALAY CHICKEN (H, CE)
DESSERT: GREEK YOGHURT WITH SUMMER FRUIT PUREE AND GRANOLA (M)

THURSDAY

SOUP: THAI VEGETABLE (V,S,CE, GF)
MAIN COURSE: NOODLE BAR
 BEEF IN BLACK BEAN WITH GREEN PEPPERS (CE, S, SS,SD), SZECHUAN CHICKEN (SS, S, CE), SWEET AND SOUR CHICKEN (C, SS, SD)
VEGETARIAN MAIN: ORIENTAL VEGETABLES (CE, SS,S)
MAINS SERVED WITH A CHOICE OF: EGG NOODLES (E, C, SS), PRAWN CRACKERS
DESSERT: OAT COOKIE (C, M, E)

FRIDAY

SOUP: TOMATO (V, C, CE)
CHIP SHOP DAY - MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU), CHICKEN KEBAB STYLE MEAT (H,GF MU,CE) MINCE BEEF AND ONION PIE (CE, C,M,E) CHEESE AND ONION PATTIE (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY
DESSERT: SHORTBREAD (M,C)

WEEK 2

MONDAY

SOUP: CARROT AND CORIANDER (V,GF, CE)
MAIN COURSE: SWEET AND SOUR CHICKEN WITH SWEET PEPPERS (H, CE, GF) SERVED BRAISED RICE
VEGETARIAN MAIN: VEGETABLE AND LENTIL MASALA WITH BRAISED RICE (V, CE, GF)
DELI WRAP: JERK CHICKEN (C, H)
DESSERT: CHOCOLATE CRUNCH WITH CUSTARD (C, E, M)

TUESDAY

SOUP: VEGETABLE (V,GF, CE)
MAIN COURSE: PORK SAUSAGES WITH ONION GRAVY (C,CE, SD, SS,MU) MASHED POTATO AND CARROTS AND CABBAGE
VEGETARIAN MAIN: MACARONI AND CHEESE WITH CRISPY LEEKS, GARLIC BREAD AND LEAF SALAD (V, M, E, CE, C)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHILLI CHICKEN (GF,H, CE) TOMATO AND HERB (GF,V,CE)
DESSERT: CHERRY AND ALMOND SLICE (M,N, C, E)

WEDNESDAY

SOUP: POTATO AND SPINACH (CE, GF,V)
MAIN COURSE: BURGER BAR
 CAJUN CHICKEN BURGER (H, GF, 100% BEEF BURGER (C, CE, SD), 100% PORK AND SAGE BURGER (CE, E, GF) IN A FLOUR BAP (C, SS, M)
VEGETARIAN MAIN: VEGETABLE BURGER (V, M, C, CE, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: CHICKEN TIKKA (H, C, SD, SS)
DESSERT: ICED GINGERBREAD LOAF (C, M, E, SD)

THURSDAY

SOUP: TOMATO (V,CE, GF)
MAIN COURSE: ROASTED PORK WITH ROASTED POTATOES,SEASONAL VEGETABLES, GRAVY (CE,GF) SAGE AND ONION STUFFING (C, M, CE)
VEGETARIAN MAIN: RED VEGETABLE CHILLI WITH BRAISED RICE (V, GF, CE, E)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BBQ SAUSAGE (CE, SD, CE, C, E) HOI SIN VEGETABLES (GF, V,CE)
DESSERT: APPLE AND PEAR CRUMBLE WITH CUSTARD (C, E, M)

FRIDAY

SOUP: CAULIFLOWER (V,GF, CE)
MAIN COURSE: BREADED CHICKEN GOJONS (H, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, PEAS
DESSERT: BANANA MUFFIN (C, M, E, SD)

WEEK 3

MONDAY

SOUP: BROCCOLI (V,M, CE, GF)
MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE, PASTA AND TOSSED SALAD (C, CE, S, SD)
VEGETARIAN MAIN: CRISPY CHEESEY POTATO TOPPED SHEPERDESS PIE (GF,V, M, E, C)
DELI WRAP: CHIKEN TIKKA (C, H)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD, BRASIED RICE
DESSERT: TEACAKE WITH CUSTARD (C, E, M)

TUESDAY

SOUP: TOMATO AND BASIL(V,GF, CE)
MAIN COURSE: ALL DAY BREAKFAST
 SAUSAGE (SD, C,MU,CE), BACON (SD), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E,M), MUSHROOMS
VEGETARIAN MAIN:
ALL DAY BREAKFAST QUORN SAUSAGE(V, GF,E,M,CE), VEGETABLE PATTIE(C, CE, MU), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(M,E), MUSHROOMS
DELI WRAP: THAI GREEN CHICKEN (H, CE)
DESSERT: STRAWBERRY MOUSSE (C, E, M)

WEDNESDAY

SOUP: BUTTERNUT SQUASH (V,GF, CE)
MAIN COURSE: MEAT FEAST PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, SS, S)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: MALAY CHICKEN (H, CE)
DESSERT: CHOCOLATE COOKIE (M, C, SD)

THURSDAY

SOUP: POTATO AND SPRING ONION (V,GF, CE)
MAIN COURSE: TEX MEX
 PIRI PIRI CHICKEN WINGS (H,GF, CE), CHILLI BEEF ENCHILLADA (CE,C, SS) CAJUN CHICKEN TACO (H, C, CE, SS)
VEGETARIAN MAIN: VEGETABLE CHILLI NACHO (V, S, SS, M)
MAINS SERVED WITH A CHOICE OF: POTATO WEDGES (GF), SWEETCORN AND PEPPERS (GF), CHILLI BEANS (CE)
DESSERT: APPLE PIE AND CUSTARD (C, M, E, SD)

FRIDAY

SOUP: VEGETABLE (V,GF, CE)
MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)
VEGETARIAN MAIN: SOUTHERN STYLE CRISPY QUORN BITES (V, C, E,CE)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS
DESSERT: CHOCOLATE MUFFIN (C, E, M)

ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA

MU – MUSTARD L – LUPIN E – EGGS F – FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED

CE – CELERY SD -SULPHUR DIOXIDE CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE

WEEK 4

MONDAY

SOUP: TOMATO AND PEPPER (V,GF, CE)
MAIN COURSE: CHILLI CON CARNE WITH BRAISED RICE (CE) WITH SOURED CREAM AND TORTILLAS (C,M,E,SS,S)
VEGETARIAN MAIN: CHUNKY RATATOUILLE WITH BASIL, GARLIC AND HERB POTATOES (V, GF, CE)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
DELI WRAP: THAI RED CHICKEN (C, SD, SS)
DESSERT: LEMON AND LIME DRIZZLE CAKE AND CUSTARD (E, C, M)

TUESDAY

SOUP: MUSHROOM (V,GF, CE)
MAIN COURSE: CURRY BAR
 CHICKEN TIKKA, CHICKEN KORMA, LAMB ROGON JOSH
VEGETARIAN MAIN: CAULIFLOWER AND SPINACH DAAL (GF,V, CE)
MAINS SERVED WITH A CHOICE OF: BRAISED RICE (GF, CE), FLAT BREAD (C, E, M, SS) AND CUCUMBER SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN IN TOMATO AND BASIL SAUCE (GF, H, CE) TOMATO AND BASIL (GF,V,CE)
DESSERT: MANGO AND PASSION FRUIT YOGHURT (M)

WEDNESDAY

SOUP: SPINACH (V,GF, CE)
MAIN COURSE: CHICKEN AND MUSHROOM PIE (C,CE, E, M), STEAK PIE (C, CE, E, M)
VEGETARIAN MAIN: VEGETABLE CORNISH PASTY (V, C, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU) OR MUSHY PEAS
DELI WRAP: BBQ PULLED CHICKEN (C, H)
DESSERT: FROSTED CARROT CAKE (C, E, M, SD)

THURSDAY

SOUP: FIVE BEAN (V,C,CE)
MAIN COURSE: HONEY BAKED GAMMON (SD) WITH GRAVY (GF, CE)
VEGETARIAN MAIN: BAKED QUORN SAUSAGES (V,CE, M) WITH GRAVY
MAINS SERVED WITH A CHOICE OF: CREAMED POTATO, GARDEN PEAS
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BEEF AND TOMATO (GF, CE) TOMATO AND PEPPER (GF,V,CE)
DESSERT: STEAMED BANANA AND SYRUP SPONGE WITH CUSTARD (C, E,M, SD)

FRIDAY

SOUP: BROCCOLI (V,GF, CE)
MAIN COURSE: FISH FINGER SANDWICH (F, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION ROLL (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & GARDEN PEAS
DESSERT: CHOCOLATE MUFFIN (C, M, SD, E)

AVAILABLE EVERYDAY

JACKET POTATOES WITH VARIOUS FILLINGS

SELECTION OF FRESHLY PREPARED HOT AND COLD DESSERTS



APRIL					MAY				
					1	2	3	4	5
					8	9	10	11	12
					15	16	17	18	19
24	25	26	27	28	22	23	24	25	26
WEEK1	WEEK2	WEEK3	WEEK4						
M	T	W	T	F	M	T	W	T	F
JUNE					JULY				
5	6	7	8	9	3	4	5	6	7
12	13	14	15	16	10	11	12	13	14
19	20	21	22	23	17	18	19	20	21
26	27	28	29	30					

SUMMER MENU

APRIL - JULY
2017



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