

WEEK 1 MENU

INDEPENDENTS
by sodexo

Monday

Main Course

Pork sausages with
gravy

Vegetarian

Quorn cottage pie with
cheesy mash

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Mashed potatoes, sugar
snaps & pasta

Salad

Composite salad &
vegetable crudité

Dessert

Jamaican ginger cake
with custard

Daily Selection of Fresh Fruit & Jelly

Tuesday

Main Course

Beef lasagne with
garlic bread

Vegetarian

Stir fried vegetable
noodles

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Baby potatoes,
sweetcorn & pasta

Salad

Composite salad &
vegetable crudité

Dessert

Berry cake with lemon
drizzle

Daily Selection of Fresh Fruit & Jelly

Wednesday

Main Course

Jamaican jerk chicken
in an artichoke wrap

Vegetarian

Fruity Sri Lankan
curry

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Rice & black-eyed
beans, corn & pasta

Salad

Composite salad &
vegetable crudité

Dessert

Apple and plum
crumble with custard

Daily Selection of Fresh Fruit & Jelly

Thursday

Main Course

Roast pork with
stuffing & gravy

Vegetarian

Brie, cranberry & leek
tart

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Roasties, carrots,
swede & pasta

Salad

Composite salad &
vegetable crudité

Dessert

Spotted dick with
custard

Daily Selection of Fresh Fruit & Jelly

Friday

Main Course

Katsu chicken curry
with rice

Vegetarian

Tomato & mozzarella
pizza

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Rice, garden peas and
pasta

Salad

Composite salad &
vegetable crudité

Dessert

Marble cake with
toffee sauce

Daily Selection of Fresh Fruit & Jelly

Allergy information available on request

WEEK 2 MENU

Monday

Main Course

Mild beef chilli con carne

Vegetarian

Baked vegetable lasagne

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese, tuna mayo or baked beans

Sides & Seasonal Vegetables

Steamed rice, carrots & pasta

Salad

Composite salad & vegetable crudité

Dessert

Vanilla sponge with custard

Daily Selection of Fresh Fruit & Jelly

Tuesday

Main Course

Greek chicken gyros

Vegetarian

Creamy macaroni & cheese

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese, tuna mayo or baked beans

Sides & Seasonal Vegetables

Skinny fries, sweetcorn & pasta

Salad

Composite salad & vegetable crudité

Dessert

Banana cake with toffee frosting

Daily Selection of Fresh Fruit & Jelly

Wednesday

Main Course

Roast turkey with stuffing & gravy

Vegetarian

Cheese & tomato puff pastry tart

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese, tuna mayo or baked beans

Sides & Seasonal Vegetables

Roast new potatoes, broccoli & pasta

Salad

Composite salad & vegetable crudité

Dessert

Rhubarb, apple and ginger crumble

Daily Selection of Fresh Fruit & Jelly

Thursday

Main Course

Braised beef & vegetable pie

Vegetarian

Baked Spanish style omelette

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese, tuna mayo or baked beans

Sides & Seasonal Vegetables

Mashed potatoes, fine beans & pasta

Salad

Composite salad & vegetable crudité

Dessert

Carrot cake with vanilla frosting

Daily Selection of Fresh Fruit & Jelly

Friday

Main Course

Homemade breaded fish fingers

Vegetarian

Tomato & mozzarella pizza

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese, tuna mayo or baked beans

Sides & Seasonal Vegetables

Chips, garden peas & pasta

Salad

Composite salad & vegetable crudité

Dessert

Chocolate cake with chocolate custard

Daily Selection of Fresh Fruit & Jelly

Allergy information available on request



WEEK 3 MENU

Monday

Main Course

Mild butter chicken
curry

Vegetarian

Butternut squash &
bean chilli

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Rice, garden peas &
pasta

Salad

Composite salad &
vegetable crudité

Dessert

Sticky toffee pudding
with toffee custard

Daily Selection of Fresh Fruit & Jelly

Tuesday

Main Course

Traditional chicken &
bacon pie

Vegetarian

Sweet potato &
chickpea curry

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Mashed potato, rice,
sweetcorn & pasta

Salad

Composite salad &
vegetable crudité

Dessert

Honey and fig cake

Daily Selection of Fresh Fruit & Jelly

Wednesday

Main Course

Chicken wrap with piri
piri mayo

Vegetarian

Cheese & tomato puff
pastry tart

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Rice, cauliflower &
pasta

Salad

Composite salad &
vegetable crudité

Dessert

Berry and apple
crumble with custard

Daily Selection of Fresh Fruit & Jelly

Thursday

Main Course

Honey roast ham with
gravy

Vegetarian

Baked quorn &
vegetable moussaka

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Roast new potatoes,
parsnips & pasta

Salad

Composite salad &
vegetable crudité

Dessert

Black forest pudding

Daily Selection of Fresh Fruit & Jelly

Friday

Main Course

Build your own beef
burger

Vegetarian

Tomato & mozzarella
pizza

Baked Jacket Potato with a choice of fillings

Grated cheddar cheese,
tuna mayo or baked
beans

Sides & Seasonal Vegetables

Chips, broccoli &
pasta

Salad

Composite salad &
vegetable crudité

Dessert

Jam sponge with
custard

Daily Selection of Fresh Fruit & Jelly

Allergy information available on request