



# MENU WEEK 1



W/C 05/09/22, 26/09/22,  
31/10/22, 21/11/22, 12/12/22

## MON

## TUE

## WED

## THU

## FRI

### BREAK #MorningFuel

Fresh fruit  
(None)

Double chocolate chip  
cookie  
(So, G, Mk)

Fresh fruit  
(None)

Raisin oat cookie  
(G, Mk)

Fresh fruit  
(None)

### MAINS #FreshFlavours

Pasta with chunky tomato  
and basil sauce  
(G)

Mild chicken curry  
(None)

Chicken sausage  
with gravy  
(G, Su)

Cottage pie  
(Ce, G, So, Su, Mk)

Bread pollock fillet  
with lemon  
(F, G)

### VEGGIE #MeatFree

Pasta with chunky  
tomato and basil sauce  
(G)

Mild potato, spinach  
and chickpea curry  
(None)

Vegetarian sausage  
with gravy  
(G, Su)

Shepherdess pie  
(Ce, G, E, Mk)

Quorn Mediterranean  
lentil burger  
(G, E, So)

### CARBS #FillingExtras

Garlic bread  
(G, So, Mk)

Savoury rice  
(None)

Mashed potatoes  
(Mk)

Garlic bread  
(G, So, Mk)

Chips  
(None)

### VEG #ExtraGood

Cucumber & tomato  
salad

Steamed broccoli

Carrots

Sweetcorn

Garden peas

### PUDS #SweetTreat

Vanilla sponge  
(G)

Fresh fruit salad  
(None)

Chocolate chip cookie  
(G, E, Mk, So)

Strawberry jelly  
(None)

Lemon shortbread  
(G, Mk)



### ALLERGENS

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish

G = Cereals  
containing Gluten  
L = Lupin  
Mk = Milk

Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



Don't forget to look out for  
**special day** menus & limited  
edition recipes from our  
**Colourfuel** monthly ingredients.





# MENU WEEK 2



W/C 12/09/22, 03/10/22,  
07/11/22, 28/11/22

**MON**

**TUE**

**WED**

**THU**

**FRI**

## BREAK

#MorningFuel

Fresh fruit  
(None)

Double chocolate chip  
cookie  
(So, G, Mk)

Fresh fruit  
(None)

Raisin oat cookie  
(G, Mk)

Fresh fruit  
(None)

## MAINS

#FreshFlavours

Pasta with chunky tomato  
and basil sauce  
(G)

Chicken tagine  
(G, So)

Beef keema curry  
(None)

Roast chicken leg  
(None)

Jumbo fish finger  
with lemon  
(F, G)

## VEGGIE

#MeatFree

Pasta with chunky  
tomato and basil sauce  
(G)

Chunky vegetable and  
halloumi pitta bread  
(G, Mk, Mu)

Sag aloo  
(Mk, Mu)

Cheese & onion pasty  
(Mk, G, E)

Falafel burger in a  
brioche bun  
(G, E, Mk, So)

## CARBS

#FillingExtras

Garlic bread  
(G, Mk, So)

Cous cous  
(G, So)

Savoury rice  
(G)

Roast potatoes  
(None)

Chips  
(None)

## VEG

#ExtraGood

Tomato & cucumber  
salad

Mixed salad

Green beans

Broccoli florets

Garden peas

## PUDS

#SweetTreat

Lemon drizzle cake  
(G, Mk, E)

Strawberry fool  
(Mk)

Chocolate brownie  
(G, Mk, E)

Fresh fruit salad  
(None)

Carrot cake  
(G, Mk, E)

## ALLERGENS

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish

G = Cereals  
containing Gluten  
L = Lupin  
Mk = Milk

Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



Don't forget to look out for  
**special day** menus & limited  
edition recipes from our  
**Colourfuel** monthly ingredients.





# MENU WEEK 3



W/C 19/09/22, 17/10/22,  
14/11/22, 05/12/22

## MON

## TUE

## WED

## THU

## FRI

### BREAK #MorningFuel

Fresh fruit  
(None)

Double chocolate chip  
cookie  
(So, G, Mk)

Fresh fruit  
(None)

Raisin oat cookie  
(G, Mk)

Fresh fruit  
(None)

### MAINS #FreshFlavours

Nut-free pesto and  
parmesan pasta  
(G, Mk)

Beef burger in a bun  
(G, Se)

Meatballs in tomato  
sauce  
(None)

Katsu chicken  
(G, E, Mu, So)

Jumbo fish finger  
with lemon  
(F, G)

### VEGGIE #MeatFree

Nut-free pesto and  
parmesan pasta  
(G, Mk)

Falafel burger in a  
brioche bun  
(G, E, Mk, So)

Veggie & lentil  
meatballs in  
tomato sauce  
(G)

Katsu sweet potato  
(G, E, So)

Vegan sausage roll  
(G, So)

### CARBS #FillingExtras

Garlic bread  
(G, Mk, So)

Potato wedges  
(None)

Penne pasta  
(G)

Braised rice  
(None)

Chips  
(None)

### VEG #ExtraGood

Crunchy salad

Sweetcorn

Steamed broccoli

Green beans

Garden peas

### PUDS #SweetTreat

Banana cake  
(G, Mk, E)

Chunky melon and  
pineapple  
(None)

Chocolate cake  
(Mk, G, E)

Fruit jelly  
(None)

Ice cream  
(Mk)

### ALLERGENS

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish

G = Cereals  
containing Gluten  
L = Lupin  
Mk = Milk

Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



Don't forget to look out for  
**special day** menus & limited  
edition recipes from our  
**Colourfuel** monthly ingredients.

