



THE MENU

grain
& brain
fuelling foods
boosting foods

LOOK OUT FOR LIMITED EDITION RECIPES FROM OUR MONTHLY INGREDIENT!

Special Days!

LOOK OUT FOR SPECIAL MENUS

BURNS NIGHT
TUESDAY 25TH JANUARY

RED NOSE DAY
FRIDAY 18TH MARCH

ST GEORGE'S DAY
FRIDAY 22ND APRIL

PLATINUM JUBILEE
STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT
BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

MORNING
BREAK

Fresh fruit
(None)

Flapjack
(G, Mk)

Fresh fruit
(None)

Oaty cookie
(G, Mk, E)

Fresh fruit
(None)

MAIN
fresh flavours

Pasta with chunky
tomato and basil
sauce
(G)

Mild chicken curry
(None)

Chicken sausage with
gravy
(G, Su)

Traditional beef
lasagne
(G, Mk)

Bread pollock fillet
with lemon
(F, G)

VEGGIE
meat free feasts

Pasta with chunky
tomato and basil
sauce
(G)

Mild potato, spinach
and chickpea curry
(None)

Vegetarian sausage
with gravy
(G, Su)

Roast vegetable
lasagne
(G, Mk)

Quorn Mediterranean
lentil burger
(G, E, So)

CARBS
fuel

Garlic bread
(G, So, Mk)

Savoury rice
(None)

Mashed potatoes
(Mk)

Garlic bread
(G, So, Mk)

Chips
(None)

VEG
tasty extras

Mixed leaves

Steamed broccoli

Carrots

Sweetcorn

Garden peas

PUDDING
sweet treat

Vanilla sponge
(G)

Yoghurt with fruit
coulis
(Mk)

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

Strawberry jelly
(None)

Lemon shortbread
(G, Mk)

ALLERGENS

F = Fish
G = Cereals
Cr = Crustacean
E = Eggs
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Week 1: 04/01/22, 24/01/22, 21/02/22,
14/03/22, 18/04/22



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BURNS NIGHT
TUESDAY 25TH JANUARY

RED NOSE DAY
FRIDAY 18TH MARCH

ST GEORGE'S DAY
FRIDAY 22ND APRIL

PLATINUM JUBILEE
STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT
BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

MORNING
BREAK

Fresh fruit
(None)

Flapjack
(G, Mk)

Fresh fruit
(None)

Lemon cookie
(G, Mk)

Fresh fruit
(None)

MAIN
fresh flavours

Macaroni cheese
(G, Mk)

Slow chicken tacos
with spicy beans and
sour cream
(Ce, G, Mk, Mu, So,
Su)

Beef bolognese
(None)

Thai green chicken
curry
(G, So)

Jumbo fish finger with
lemon
(F, G)

VEGGIE
meat free feasts

Macaroni cheese
(G, Mk)

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

Lentil and soya
bolognese
(So, G)

Thai green vegetable
curry with roast
aubergine
(G, So)

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

CARBS
fuel

Garlic bread
(G, Mk, So)

Potato wedges
(None)

Spaghetti
(G)

Savoury rice
(None)

Chips
(None)

VEG
tasty extras

Mixed salad

Sweetcorn

Green beans

Broccoli florets

Garden peas

PUDDING
sweet treat

Leon drizzle cake
(G, Mk, E)

Strawberry fool
(Mk)

Chocolate brownie
(G, Mk, E)

Fresh fruit salad
(None)

Carrot cake
(G, Mk, E)

ALLERGENS

F = Fish
Ce = Celery
Cr = Crustacean
E = Eggs
G = Cereals
containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Week 2:

10/01/22, 31/01/22,
28/02/22, 21/03/22



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TUESDAY 25TH JANUARY

RED NOSE DAY
FRIDAY 18TH MARCH

ST GEORGE'S DAY
FRIDAY 22ND APRIL

PLATINUM JUBILEE
STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT
BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

MORNING
BREAK

Fresh fruit
(None)

Fruity flapjack
(G, Mk)

Fresh fruit
(None)

Fruit shortbread
(G, Mk)

Fresh fruit
(None)

MAIN
fresh flavours

Mozzarella, pepper
and onion pizza
(G, Mk)

Beef burger in a bun
(G, Se)

Meatballs in tomato
sauce
(None)

Katsu chicken
(G, E, Mu, So)

Bread pollock fillet
with lemon
(F, G)

VEGGIE
meat free feasts

Vegetable and basil
pizza
(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
fuel

Coleslaw
(E)

Potato wedges
(None)

Penne pasta
(G)

Braised rice
(None)

Chips
(None)

VEG
tasty extras

Crunchy salad

Sweetcorn

Steamed broccoli

Green beans

Garden peas

PUDDING
sweet treat

Banana cake
(G, Mk, E)

Chunky melon and
pineapple
(None)

Chocolate marble
cake
(Mk, G, E)

Fruit jelly
(None)

Ice cream
(Mk)

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Week 3:

17/01/22, 07/02/22,
07/03/22, 28/03/22