

AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

BBQ CHICKEN GYROS
WITH PITTA &
GARLIC YOGHURT
(MK, G/W)

CININNATI STYLE
BEEF CHILLI &
STEAMED RICE
(G/B*, O*, R*, W*)

SPANISH CHICKEN
PAELLA WITH
LEMON WEDGE
(CE, E*, MK, MU*,
SO*, G/W*)

BEEF PASTA AL
FORNO WITH
TOMATO & HERB
SAUCE
(CE, E*, MK, G/W)

FISH & CHIPS
WITH GARDEN
PEAS
(F, G/B*, W)

ROOTS & SHOOT

FALAFEL BALLS WITH
LEBANESE RICE &
GARLIC YOGHURT
(MK)

VEGGIE CHILLI TACO
WITH SHREDDED
LETTUCE, SALSA &
SPICY RICE
(MU*, SO*, G/B*, O*,
R*, W*)

MALLORCAN
RATATOUILLE WITH
CRISPY GARLIC
POTATOES

SUPER GREEN PESTO
VEGETABLE RAGU
WITH WHOLEMEAL
PENNE
(MK, G/W)

MARGHERITA PIZZA
WITH CHIPS & HOUSE
SALAD
(MK, G/W)

PASTA POPINA

TOMATO & BASIL
PASTA
(G/W)

CREAMY MUSHROOM
& PEA SPAGHETTI
(CE, E, MK, G/W)

MAC & CHEESE
(MK, G/W)

CHERRY TOMATO &
SPINACH PASTA
(CE, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

PUD

SUMMER CRUMBLE
SLICE
(E, G/B*, O, W)

LEMON &
COURGETTE CAKE
(E, MK, G/W)

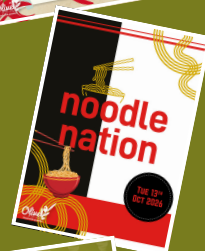
CARAMELISED APPLE
SPONGE WITH
CUSTARD
(E, MK, SO*, G/W)

CHOCOLATE &
ORANGE MARBLE
CAKE
(E, MK, SO*, G/W)

BANANA BREAD
(E, MK, SO*, G/W)

MEAL
DEAL

Theme
Days



ALLERGENS KEY:

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SE = SESAME
SO = SOYA
SU = SULPHUR DIOXIDE

* = MAY CONTAIN

Go
Vegan

Olive
dining
food with passion