

AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

PAPRIKA SPICED
BEEF GOULASH WITH
BUTTERED EGG
NOODLES
(E, G/W)

LEBANESE SPICED
CHICKEN WITH
BATATA HARRA &
TANGY TOMATO
SAUCE
(G/B*, O*, R*, W*)

SOUTHERN STYLE
SLOPPY JOE BEEF
CASSEROLE WITH
SPICY RICE & GREEN
BEANS

BUTCHER'S SAUSAGE
WITH MASHED POTATO,
SEASONAL VEGETABLES
& GRAVY
(MK, SU, G/W)

FULLY LOADED
CHEESY BEEF
BURGER WITH RED
ONION, TOMATO &
CHIPS
(MK, SE*, SO, SU,
G/W)

ROOTS & SHOOTS

HUNGARIAN VEGGIE
MEATBALLS IN
SPICED TOMATO
SAUCE WITH
BUTTERED POTATOES
(E*, SO, G/B*, O*, R*,
W)

ROASTED
VEGETABLES, BEANS &
CHICKPEAS WITH
BATATA HARRA &
TANGY TOMATO SAUCE
(CE, G/B*, O*, R*, W*)
TV

SMOKEY BBQ
JACKFRUIT BURGER
WITH HOMEMADE
POTATO WEDGES &
RAINBOW SLAW
(E, SE*, G/B*, O*, R*,
W)

CHEDDAR TOPPED
VEGGIE HOT POT WITH
SEASONAL VEGETABLES
(CE, MK, G/W)

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

PASTA POPINA

TOMATO & BASIL
PASTA
(G/W)

MEXICAN STREET
CORN PASTA BAKE
(MK, G/W)

MAC & CHEESE
(MK, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
TV

THREE CHEESE
PASTA
(MK, G/W)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

PUD

STICKY TOFFEE
PUDDING
(E, MK, SO*, G/W)

MIXED BERRY
CRUMBLE WITH
CUSTARD
(MK, G/W)

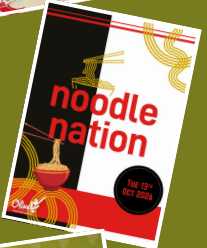
JAM & COCONUT
SPONGE WITH
CUSTARD
(E, MK, SO*, SU, G/W)

JAMAICAN GINGER
CAKE
(E, MK, SO*, G/W)

CHOCOLATE SPONGE
WITH CHOCOLATE
SAUCE
(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