



# Summer Menu Week 1

## MAIN MEALS

### Monday

Chinese Chicken Curry with Rice - Carbs 64g

Chinese Vegetable Curry with Rice - 85.2g

Allergens: Egg, Mustard, Soya, Sesame



### Tuesday

Minced Beef Cottage Pie with Creamy Mash, Sweetcorn & Gravy - Carbs 70g

Quorn Mince & Vegetable Pie with Creamy Mash,

Sweetcorn & Veggie Gravy - Carbs 64g

Allergens: Milk



### Wednesday

Breaded Chicken Wrap with Jacket Wedges & Side Salad - Carbs 103.8g

Spinach Falafel Wrap with Jacket Wedges & Side Salad - Carbs 81.8g

Allergens: Milk, Gluten

### Thursday

Chicken Sausages with Roast Potatoes, Yorkshire Pudding, Carrots & Gravy - Carbs 105.6g

Allergens: Wheat, Eggs, Milk, Sulphates

Quorn Roast with Roast Potatoes, Yorkshire Pudding,

Carrots & Veggie Gravy - Carbs 89.1g

Allergens: Eggs, Wheat



### Friday

Breaded Fish Cake with Chips & Baked Beans - Carbs 59.16g

Allergens: Fish, Mustard, Milk, Gluten

Vegan Fishless Fingers with Chips & Baked Beans - Carbs 67.97g

Allergens: Gluten

## DESSERTS

### Monday

Fruit Jelly - Carbs 11g

Allergens: None



### Tuesday

Tottenham Cake - Carbs 53g

Allergens: Eggs, Gluten

### Wednesday

Chocolate Brownie with

Chocolate Sauce - Carbs 45g

Allergens: Milk, Eggs, Gluten, Soya



### Thursday

Fresh Fruit Salad - Carbs 58g

Allergens: None

### Friday

Ice Cream with Wafer - Carbs 101g

Allergens: Wheat, Milk

## JACKET POTATOES

Available Everyday



Choose from the fillings below:

Baked Beans - Carbs 57.4g

Allergens: None

Tuna Mayonnaise - Carbs 52.9g

Allergens: Eggs, Fish

Grated Cheese - Carbs 51.6g

Allergens: Milk

Beans & Cheese - Carbs 57.4g

Allergens: Milk

Tuna Mayonnaise & Cheese - Carbs 52.9g

Allergens: Eggs, Fish, Milk

## FRESH SALAD BAR EVERYDAY



\*Carbs calculated per 100g

## SANDWICHES

Available Everyday



Choose from the fillings below:

Roast Chicken -

Carbs 32.2g

Allergens: Gluten, Soya

Cheese - Carbs 42.8g

Allergens: Gluten, Milk, Soya

Salad - Carbs 40g

Allergens: Gluten, Soya

Egg - Carbs 42.8g

Allergens: Gluten, Eggs, Soya

Ham - Carbs 43.2g

Allergens: Gluten, Soya

Tuna Mayonnaise - Carbs 43.9g

Allergens: Gluten, Eggs, Fish, Soya



# Summer Menu

## Week 2

### MAIN MEALS



#### Monday

Chicken Casserole with New Potatoes & Broccoli - Carbs 18g

Vegetable Casserole with New Potatoes & Broccoli - Carbs

21.6g

Allergens: None

#### Tuesday

Minced Beef Pasta Bolognese topped with Cheese with

a Slice of Garlic Bread - Carbs 166.28g

Allergens: Wheat, Milk, Gluten

Quorn Mince & Vegetable Bolognese served with a Slice

of Garlic Bread - Carbs 166.2g

Allergens: Milk, Egg, Gluten

#### Wednesday

Pepperoni Pizza with Jacket Wedges & Sweetcorn - Carbs 89g

Margherita Pizza with Jacket Wedges & Sweetcorn - Carbs 90.2g

Allergens: Wheat, Milk

#### Thursday

Roast Turkey with Roast Potatoes, Sage & Onion Stuffing,

Carrots & Gravy - Carbs 87g

Allergens: Wheat, Eggs, Milk, Gluten

Quorn Roast with Roast Potatoes, Yorkshire Pudding,

Carrots & Veggie Gravy - 89.1g

Allergens: Eggs, Wheat

#### Friday

Breaded Jumbo Fish Finger with Chips & Peas - Carbs 53.77g

Allergens: Fish, Wheat, Mustard

Vegan Fishless Fingers with Chips & Baked Beans - Carbs 67.97g

Allergens: Wheat



### DESSERTS

#### Monday

Fruit Jelly Pot - Carbs 11g

Allergens: None



#### Tuesday

Strawberry Mousse - 82.8g

Allergens: Milk

#### Wednesday

Apple Crumble & Custard - Carbs 52.9g

Allergens: Wheat, Milk

#### Thursday

Fresh Fruit Salad - Carbs 20.9g

Allergens: None



#### Friday

Ice Cream with Wafer - Carbs 101g

Allergens: Wheat, Milk

### FRESH SALAD BAR EVERYDAY



\*Carbs calculated per 100g

### JACKET POTATOES

Available Everyday

Choose from the fillings below:



Baked Beans - Carbs 57.4g

Allergens: None

Tuna Mayonnaise - Carbs 52.9g

Allergens: Eggs, Fish

Grated Cheese - Carbs 51.6g

Allergens: Milk

Beans & Cheese - Carbs 57.4g

Allergens: Milk

Tuna Mayonnaise & Cheese -  
Carbs 52.9g

Allergens: Eggs, Fish, Milk

### SANDWICHES

Available Everyday

Choose from the fillings below:



Roast Chicken -

Carbs 32.2g

Allergens: Gluten, Soya

Cheese - Carbs 42.8g

Allergens: Gluten, Milk, Soya

Salad - Carbs 40g

Allergens: Gluten, Soya

Egg - Carbs 42.8g

Allergens: Gluten, Eggs, Soya

Ham - Carbs 43.2g

Allergens: Gluten, Soya

Tuna Mayonnaise -

Carbs 43.9g

Allergens: Gluten, Eggs, Fish, Soya



# Summer Menu

## Week 3

### MAIN MEALS

#### Monday

Chicken & Vegetable Noodles - Carbs 706g

Vegetable Noodles - Carbs 45g

Allergens: Eggs, Gluten, Soya, Sesame



#### Tuesday

Mild Minced Beef Chilli with Rice - Carbs 52.5g

Allergens: None

Quorn Mince & Vegetable Chilli with Rice - Carbs 35.9g

Allergens: Egg

#### Wednesday

Beef Burger in a Toasted Bun with Jacket Wedges &

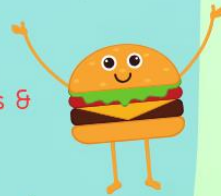
Sweetcorn - Carbs 87.91g

Allergens: Sulphates, Wheat, May Contain Sesame

Vegetable Burger in a Toasted Bun with Jacket Wedges &

Sweetcorn - 92.6g

Allergens: Sulphates, Wheat, May Contain Sesame



#### Thursday

Roast Chicken with Roast Potatoes, Sage & Onion Stuffing,

Carrots & Gravy - Carbs 87g

Quorn Roast with Roast Potatoes, Yorkshire Pudding,

Carrots & Veggie Gravy - Carbs 89.1g

Allergens: Wheat, Eggs, Milk

#### Friday

Battered Cod Fillet with Chips & Peas - Carbs 58.47g

Allergens: Fish, Wheat,

Vegan Fishless Fingers with Chips & Baked Beans - Carbs 67.97g

Allergens: Gluten



### DESSERTS

#### Monday

Fruit Jelly Pot - Carbs 11g

Allergens: None



#### Tuesday

Butterscotch Mousse - Carbs 82.5g

Allergens: Milk

#### Wednesday

Jam Sponge & Custard - Carbs 68.3g

Allergens: Milk, Eggs, Gluten

#### Thursday

Fresh Fruit Salad - Carbs 20.9g

Allergens: None

#### Friday

Ice Cream with Wafer - Carbs 101g

Allergens: Wheat, Milk



### JACKET POTATOES

Available Everyday

Choose from the fillings below:

Baked Beans - Carbs 57.4g

Allergens: None

Tuna Mayonnaise - Carbs 52.9g

Allergens: Eggs, Fish,

Grated Cheese - Carbs 51.6g

Allergens: Milk

Beans & Cheese - Carbs 57.4g

Allergens: Milk

Tuna Mayonnaise & Cheese -

Carbs 52.9g

Allergens: Eggs, Fish, Milk



### FRESH SALAD BAR EVERYDAY



\*Carbs calculated per 100g

### SANDWICHES

Available Everyday

Choose from the fillings below:

Roast Chicken -

Carbs 32.2g

Allergens: Gluten, Soya

Cheese - Carbs 42.8g

Allergens: Gluten, Milk, Soya

Salad - Carbs 40g

Allergens: Gluten, Soya

Egg - Carbs 42.8g

Allergens: Gluten, Eggs, Soya

Ham - Carbs 43.2g

Allergens: Gluten, Soya

Tuna Mayonnaise - Carbs

43.9g

Allergens: Gluten, Eggs, Fish, Soya

