

Autumn Menu - Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
All day breakfast: Sausage, bacon, hashbrown, baked beans & scrambled egg	Creamy Baked Macaroni Cheese served with Garlic Bread & Sweetcorn Kernels	Pepperoni Pizza served with Jacket Wedges & Sweetcorn	Chicken Sausages served with Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Rich Roast Gravy	Breaded Fish Cake Served with Chips & Baked Beans
Carbs: 38.7g Allergens: Gluten, Milk, Soya Eggs	Carbs: 117.23g Allergens: Gluten, Milk	Carbs: 129g Allergens: Gluten, Milk, Soya	Carbs: 105.6g Allergens: Wheat, Eggs, Milk, Sulphates	Carbs: 59.16g Allergens: Fish, Mustard, Milk, Gluten
All day breakfast: Vegan sausage, hashbrown, baked beans & scrambled egg	Creamy Baked Macaroni Cheese served with Garlic Bread & Sweetcorn Kernels	Margherita Pizza served with Jacket Wedges & Sweetcorn	Quorn Sausages served with Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Veggie Gravy	Vegan Fishless Fingers served with Chips & Baked Beans
Carbs: 44.4g Allergens: Gluten, Milk, Soya Eggs	Carbs: 117.23g Allergens: Gluten, Milk	Carbs: 81.8g Allergens: Gluten, Milk	Carbs: 52.9g Allergens: Wheat, Eggs, Milk, Soya	Carbs: 67.97g Allergens: Gluten
Rice Krispie Cake	Strawberry Mousse	Chocolate Sponge with Chocolate Icing	Fresh Fruit Salad	Ice Cream with Wafer
Carbs: 36g Allergens: Milk, Soya	Carbs: 58.8g Allergens: Milk	Carbs: 40g Allergens: Gluten, Milk, Soya, Eggs	Carbs: 58g Allergens: None	Carbs: 101g Allergens: Wheat, Milk, Eggs

Available Everyday - Simply Choose Your Filling



SANDWICHES

Cheese - Carbs 42.8g
Allergens: Wheat, Soya, Milk

Egg Mayo - Carbs 45.6g
Allergens: Wheat, Soya, Egg

Tuna Mayo - Carbs 43.9g
Allergens: Wheat, Soya, Eggs, Fish

Salad - Carbs 40g
Allergens: Wheat, Soya

Ham - Carbs 43.2g
Allergens: Wheat, Soya

Chicken Mayo - Carbs 44.6g
Allergens: Wheat, Soya, Eggs

Tuna Mayo & Sweetcorn - Carbs 46.9g
Allergens: Wheat, Soya, Eggs, Fish

Cheese & Tomato - Carbs 43.8g
Allergens: Wheat, Soya, Milk



WRAPS

Egg Mayo - Carbs 50.4g
Allergens: Wheat, Egg

Tuna Mayo - Carbs 53.5g
Allergens: Wheat, Egg, Fish

Chicken Mayo - Carbs 51.3g
Allergens: Wheat, Egg

Tuna Mayo & Sweetcorn - Carbs 54.6g
Allergens: Wheat, Egg, Fish

Two Cheese & Spring Onion - Carbs 51.8g
Allergens: Wheat, Egg, Milk



JACKET POTATOES

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 Mayo & Cheese - Carbs 52.9g
Allergens: Eggs, Fish, Milk



PANINIS

Pepperoni Cheese & Tomato
- Carbs 60g

Allergens: Gluten, Soya, Milk

Cheese & Tomato - Carbs 51g
Allergens: Gluten, Soya, Milk

*Carbs calculated per 100g

Autumn Menu - Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Minced Beef pasta bolognaise topped with grated cheese, served with Garlic Bread & Side Salad	Grilled Chicken Wrap served with Sauté Potatoes & Side Salad	Hot Dogs with Onions served with Jacket Wedges & Chargrilled Corn on the Cob	Roast Turkey served with Sage & Onion Stuffing, Crispy Roast Potatoes, Diced Carrots & Rich Roast Gravy	Chicken Nuggets served with Chips & Baked Beans
Carbs: 82.93g Allergens: Milk	Carbs: 76.1g Allergens: Gluten	Carbs: 99.5g Allergens: Gluten, Milk, Soya, Sulphates	Carbs: 87g Allergens: Eggs, Milk, Gluten	Carbs: 73.5g Allergens: Gluten
Roasted Vegetable pasta bolognaise topped with grated cheese, served with Garlic Bread & Side Salad	Falafel Wrap served with Sauté Potatoes & Side Salad	Quorn Dog with Fried Onions served with Jacket Wedges & Chargrilled Corn on the Cob	Vegetable Wellington served with Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Veggie Gravy	Vegan Nuggets Fingers served with Chips & Baked Beans
Carbs: 86g Allergens: Milk	Carbs: 102.23g Allergens: Gluten	Carbs: 63.5g Allergens: Gluten, Milk, Soya	Carbs: 60.8g Allergens: Eggs, Milk, Gluten	Carbs: 74.6g Allergens: Gluten, Soya
Jelly topped with Fruits of the Forest	Homemade Chocolate Chip Muffin	Lemon Drizzle Sponge with Custard	Fresh Fruit Salad	Freshly Baked Cookie
Carbs: 70g Allergens: None	Carbs: 49g Allergens: Milk, Gluten, Eggs, Soya	Carbs: 63.7g Allergens: Gluten, Milk, Eggs	Carbs: 58g Allergens: None	Carbs: 59.87g Allergens: Gluten, Milk, Soya, Eggs

Available Everyday - Simply Choose Your Filling



SANDWICHES

- Cheese** - Carbs 42.8g
Allergens: Wheat, Soya, Milk

Egg Mayo - Carbs 45.6g
Allergens: Wheat, Soya, Egg

Tuna Mayo - Carbs 43.9g
Allergens: Wheat, Soya, Eggs, Fish

Tuna Mayo & Sweetcorn - Carbs 46.9g
Allergens: Wheat, Soya, Eggs, Fish

Cheese & Tomato - Carbs 43.8g
Allergens: Wheat, Soya, Milk
- Salad** - Carbs 40g
Allergens: Wheat, Soya

Ham - Carbs 43.2g
Allergens: Wheat, Soya

Chicken Mayo - Carbs 44.6g
Allergens: Wheat, Soya, Eggs



WRAPS

- Egg Mayo** - Carbs 50.4g
Allergens: Wheat, Egg
- Tuna Mayo** - Carbs 53.5g
Allergens: Wheat, Egg, Fish
- Chicken Mayo** - Carbs 51.3g
Allergens: Wheat, Egg
- Tuna Mayo & Sweetcorn** - Carbs 54.6g
Allergens: Wheat, Egg, Fish
- Two Cheese & Spring Onion** - Carbs 51.8g
Allergens: Wheat, Egg, Milk



JACKET POTATOES

- 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 Mayo & Cheese** - Carbs 52.9g
Allergens: Eggs, Fish, Milk



PANINIS

- Pepperoni Cheese & Tomato** - Carbs 60g
Allergens: Gluten, Soya, Milk
- Cheese & Tomato** - Carbs 51g
Allergens: Gluten, Soya, Milk

*Carbs calculated per 100g

Autumn Menu - Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Minced Beef Chilli Con Carne served with Steamed Rice topped with Grated Cheese	BBQ Hunters Chicken served with French fries & side salad	Beef Burger or Chicken Burger in a Toasted Bun with Sweetcorn & Jacket Wedges	Roast Chicken served with Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Rich Roast Gravy	Battered Cod Fillet served with Chips & Peas
Carbs: 52g Allergens: Gluten	Carbs: 51.9g Allergens: Milk	Beef Burger Carbs: 87.91g Chicken Burger Carbs: 97.9g Allergens: Sulphates, Wheat, Soya, Sesame	Carbs: 87g Allergens: Eggs, Milk, Wheat	Carbs: 58.47g Allergens: Wheat, Fish
Roasted Vegetable Chilli served with Steamed Rice topped with Grated Cheese	Quorn fillet Hunters Chicken served with French fries & side salad	Vegetable Burger in a Toasted Bun with Corn on Cob & Jacket Wedges	Roasted Vegetable Crumble Tart served with Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Veggie Gravy	Vegan Fishless Fingers served with Chips & Peas
Carbs: 47g Allergens: Gluten,	Carbs: 50.65g Allergens: Milk	Carbs: 92.6g Allergens: Gluten, Soya, Sesame	Carbs: 102.7g Allergens: Eggs, Milk, Wheat	Carbs: 67.97g Allergens: Gluten
Ice Cream and Wafer	Carrot Cake with Cream Cheese frosting	Homemade Flap Jack	Fresh Fruit Salad	Freshly Baked Scone with Jam & Cream
Carbs: 101g Allergens: Milk, Wheat, Eggs, Soya	Carbs: 47g Allergens: Milk, Soya, Eggs, Gluten	Carbs: 69.3g Allergens: Gluten, Milk, Eggs	Carbs: 20.9g Allergens: None	Carbs: 145.1g Allergens: Wheat, Milk, Eggs

Available Everyday - Simply Choose Your Filling



SANDWICHES

Cheese - Carbs 42.8g
Allergens: Wheat, Soya, Milk

Salad - Carbs 40g
Allergens: Wheat, Soya

Egg Mayo - Carbs 45.6g
Allergens: Wheat, Soya, Egg

Ham - Carbs 43.2g
Allergens: Wheat, Soya

Tuna Mayo - Carbs 43.9g
Allergens: Wheat, Soya, Eggs, Fish

Chicken Mayo - Carbs 44.6g
Allergens: Wheat, Soya, Eggs

Tuna Mayo & Sweetcorn - Carbs 46.9g
Allergens: Wheat, Soya, Eggs, Fish

Cheese & Tomato - Carbs 43.8g
Allergens: Wheat, Soya, Milk



WRAPS

Egg Mayo - Carbs 50.4g
Allergens: Wheat, Egg

Tuna Mayo - Carbs 53.5g
Allergens: Wheat, Egg, Fish

Chicken Mayo - Carbs 51.3g
Allergens: Wheat, Egg

Tuna Mayo & Sweetcorn - Carbs 54.6g
Allergens: Wheat, Egg, Fish

Two Cheese & Spring Onion - Carbs 51.8g
Allergens: Wheat, Egg, Milk



JACKET POTATOES

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 Mayo & Cheese - Carbs 52.9g
Allergens: Eggs, Fish, Milk



PANINIS

Pepperoni Cheese & Tomato
- Carbs 60g

Allergens: Gluten, Soya, Milk

Cheese & Tomato - Carbs 51g
Allergens: Gluten, Soya, Milk

*Carbs calculated per 100g

Autumn Menu - Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry served with Fragrant Steamed Rice served & Mini Naan Bread	Minced Beef Lasagna topped with Rich Mornay Sauce served with Garlic Bread & Side Salad	Slow & Low lemon & garlic chicken served with Vegetable Rice & Toasted Pitta Bread	Honey Roasted Gammon, Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Rich Roast Gravy	Battered Cod Fish Fingers served with Chips & Baked Beans
Carbs: 141.83g Allergens: None	Carbs: 100g Allergens: Gluten, Soya	Carbs: 180.8g Allergens: Wheat, Sulphates	Carbs: 95.9g Allergens: Eggs, Milk, Wheat	Carbs: 58.47g Allergens: Wheat, Fish
Panner & Vegetable Curry served with Fragrant Steamed Rice & Mini Naan Bread	Roasted Vegetable Lasagna topped with Creamy Mornay Sauce served with Garlic Bread & Side Salad	Lemon & Garlic Grilled Halloumi with Vegetable Rice & Toasted Pitta Bread	Quorn Roast, Yorkshire Pudding, Crispy Roast Potatoes, Diced Carrots & Veggie Gravy	Vegan Fishless Fingers served with Chips & Baked Beans
Carbs: 142.82g Allergens: Milk	Carbs: 96g Allergens: Gluten, Soya	Carbs: 91.9g Allergens: Milk, Wheat, Sulphates	Carbs: 89.1g Allergens: Eggs, Milk, Wheat	Carbs: 67.97g Allergens: Gluten
Choc Ice	Cherry & Apple Crumble with Custard	Marble Cake served with Vanilla Sauce	Fresh Fruit Salad	Mini doughnuts with chocolate sauce
Carbs: 59.87g Allergens: Milk, Soya	Carbs: 83g Allergens: Milk	Carbs: 68.3g Allergens: Gluten, Milk, Eggs	Carbs: 20.9g Allergens: None	Carbs: 78g Allergens: Wheat, Milk, Eggs, Soya

Available Everyday - Simply Choose Your Filling



SANDWICHES

Cheese - Carbs 42.8g
Allergens: Wheat, Soya, Milk

Salad - Carbs 40g
Allergens: Wheat, Soya

Egg Mayo - Carbs 45.6g
Allergens: Wheat, Soya, Egg

Ham - Carbs 43.2g
Allergens: Wheat, Soya

Tuna Mayo - Carbs 43.9g
Allergens: Wheat, Soya, Eggs, Fish

Chicken Mayo - Carbs 44.6g
Allergens: Wheat, Soya, Eggs

Tuna Mayo & Sweetcorn - Carbs 46.9g
Allergens: Wheat, Soya, Eggs, Fish

Cheese & Tomato - Carbs 43.8g
Allergens: Wheat, Soya, Milk



WRAPS

Egg Mayo - Carbs 50.4g
Allergens: Wheat, Egg

Tuna Mayo - Carbs 53.5g
Allergens: Wheat, Egg, Fish

Chicken Mayo - Carbs 51.3g
Allergens: Wheat, Egg

Tuna Mayo & Sweetcorn - Carbs 54.6g
Allergens: Wheat, Egg, Fish

Two Cheese & Spring Onion - Carbs 51.8g
Allergens: Wheat, Egg, Milk



JACKET POTATOES

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 Mayo & Cheese - Carbs 52.9g
Allergens: Eggs, Fish, Milk



PANINIS

Pepperoni Cheese & Tomato
- Carbs 60g
Allergens: Gluten, Soya, Milk

Cheese & Tomato - Carbs 51g
Allergens: Gluten, Soya, Milk

*Carbs calculated per 100g