



Three choice menu

September 2019

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2019

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2019

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2020

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

March 2020

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Week One Week Two Week Three



Monday

Tuesday

Wednesday

Thursday

Friday

Week one

Popcorn chicken with crisscuts, sweetcorn and dipping sauce

✓ Veggie pizza with crisscuts and sweetcorn

Jacket potato with cheese, beans, tuna or coleslaw filling

Muffin, fruit or yoghurt

Contains: Wheat, cereals containing gluten, celery, milk, mustard, eggs, fish

Chef's choice pie with mash, peas and gravy

✓ Veggie curry with rice and naan

Tomato and basil soup
Tuna, cheese, ham or egg filled roll

Cookie and milkshake, fruit or yoghurt

Contains: Wheat, soya, milk, cereals containing gluten, barley, mustard, eggs, celery, fish

Crunchy chicken wrap with salad and coleslaw

✓ Veggie chow mein stir fry

Jacket potato with cheese, beans, tuna or coleslaw filling

Chef's choice crumble and custard, fruit or yoghurt

Contains: Wheat, soya, celery, rye, oats, barley, cereals containing gluten, milk, mustard, eggs, fish, sulphur dioxide & sulphites

Pork roast with roast potatoes, carrots, broccoli and gravy

✓ Mac and cheese with garlic bread

Vegetable soup
Tuna, cheese, ham or egg panini

Jelly and fruit, fruit or yoghurt

Contains: Wheat, cereals containing gluten, soya, milk, rye, oats, barley, celery, mustard, eggs

Harry Ramsden's fish fillet with chips and peas

✓ Falafel wrap with chips and salad

Jacket potato with cheese, beans, tuna or coleslaw filling

Pancake and ice cream, fruit or yoghurt

Contains: Wheat, milk, fish, cereals containing gluten, oats, mustard, eggs, soya
May contain: Rye, sulphur dioxide & sulphites, molluscs, crustaceans

Week two

Cheese and ham or tuna melt panini with wedges and salad

✓ Veggie boats with rice and mixed salad

Jacket potato with cheese, beans, tuna or coleslaw filling

Sponge and custard, fruit or yoghurt

Contains: Wheat, soya, milk, cereals containing gluten, fish, eggs, mustard, sulphur dioxide & sulphites
May contain: Rye, oats

All day breakfast

Tuna pasta salad

Knorr cream of chicken soup
Tuna, cheese, ham or egg sandwich

Swirly mousse, fruit or yoghurt

Contains: Wheat, milk, eggs, cereals containing gluten, mustard, fish, rye, oats, barley, soya, celery
May contain: Lupin

Cheese and chorizo pizza with potato smiles and spaghetti hoops

✓ Veggie fingers with potato smiles and spaghetti hoops

Jacket potato with cheese, beans, tuna or coleslaw filling

Cheesecake, fruit or yoghurt

Contains: Wheat, soya, milk, cereals containing gluten, mustard, eggs, fish
May contain: Sulphur dioxide & sulphites, celery, nuts

Beef roast with roast potatoes, carrots, Yorkshire pudding and gravy

✓ Mince and mash with mixed veg

Tomato and basil soup
Tuna, cheese, ham or egg filled roll

Butterfly cake, fruit or yoghurt

Contains: Wheat, milk, eggs, cereals containing gluten, soya, celery, mustard, sulphur dioxide & sulphites
May contain: Rye, oats

Fish stars with chips and beans

✓ Chef's choice quiche with chips and beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Ice cream and fruit, fruit or yoghurt

Contains: Wheat, fish, cereals containing gluten, soya, milk, eggs, mustard
May contain: Rye, oats

Week three

Hot dog with crisscuts and spaghetti hoops

Salmon fish fingers with crisscuts and spaghetti hoops

Jacket potato with cheese, beans, tuna or coleslaw filling

Trifle, fruit or yoghurt

Contains: Wheat, cereals containing gluten, sulphur dioxide & sulphites, soya, fish, milk, mustard, eggs

Chicken curry with rice and naan bread

✓ Meatballs in roasted veg and tomato sauce with pasta and garlic bread

Vegetable soup
Tuna, cheese, ham or egg panini

Rice pudding, fruit or yoghurt

Contains: Wheat, soya, milk, cereals containing gluten, eggs, rye, oats, barley, celery, mustard, fish

Scouse with crusty bread and red cabbage or beetroot

✓ Spaghetti bolognaise with garlic bread

Jacket potato with cheese, beans, tuna or coleslaw filling

Arctic roll, fruit or yoghurt

Contains: Wheat, soya, cereals containing gluten, milk, mustard, eggs, fish
May contain: Nuts, rye, oats, sesame, celery

Chicken roast with roast potatoes, stuffing, mixed veg and gravy

✓ Cottage pie with sweetcorn

Knorr cream of chicken soup
Tuna, cheese, ham or egg sandwich

Fruity lolly ice, fruit or yoghurt

Contains: Wheat, barley, soya, milk, fish, eggs, cereals containing gluten, celery, rye, oats, mustard
May contain: Sesame, crustaceans

Harry Ramsden's fish fillet with herby potatoes and beans

✓ Frittata with herby potatoes and beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Chef's choice pie and custard, fruit or yoghurt

Contains: Wheat, milk, fish, cereals containing gluten, eggs, mustard, sulphur dioxide & sulphites, soya
May contain: Molluscs, crustaceans, celery

Available daily: Fresh fruit, yoghurt, water, milk and fruit juice.

✓ Vegetarian

