

MENU WEEK 1



Don't forget to look out for **special day** menus & limited edition recipes from our *Colourfuel* monthly ingredients.



15th Apr, 13th May, 10th June

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Keema Quorn Mince Curry **(So)** with Peas Naan Bread **(G)** & Pickles Mint Raita **(Mk)**

Lasagne with minced Chicken **(G, Mk, E)**

Thyme roast chicken with sage and onion stuffing **(G)** and gravy

Chicken & Mushroom Pot Pie **(G, Mk)**

Battered fish **(G, F, Mk)** of the day served with homemade tartare sauce **(G, E, Su)** and lemon

VEGGIE #MeatFree

Keralan Cauliflower & Lentil Curry **(G)** Naan Bread **(G)** & Pickles Mint Raita **(Mk)**

Vegetarian Lasagne **(G, Mk, E)**

Fennel & Mint Risotto with Peas & Spinach

Veggie Lentil Bolognese With Penne Pasta **(G)**

Chick Pea & Corn Veggie Burger, **(G, E, So)** served with Mango & Lime Salsa

SIDES #FillingExtras

Steamed Basmati Rice

Garlic Bread **(G, Mk, E, So)**

Crispy home roast potatoes

Mashed Potato **(Mk)**

Chips

VEG #ExtraGood

Bombay Vegetables

Sweetcorn

Roasted Carrots

Cauliflower

Garden peas

Steamed Broccoli

Pan fried courgettes & Onions

Braised Cabbage

Green Beans

Baked beans

PUDS #SweetTreat

Lemon Drizzle **(G,E, Mk)**

Eccles Cake Tray Bake **(G, Lu, Mk, Se, So, Su)** With Whipped Cream **(Mk)**

Bread & Butter Pudding **(G, E, Mk, So)** with Butterscotch drizzle **(Mk)**

Pear Streusel Cake **(G, Mk)**

Raspberry Granola Bar with Chocolate Drizzle **(G, Mk, So)**

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish

G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts

P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

LOOK OUT

BALANCE

Look out for our tasty new, planet friendly **'Balance'** recipes, packed with extra goodness and a reduced carbon footprint, making each bite great for you & the environment!

MENU WEEK 2



Don't forget to look out for **special day** menus & limited edition recipes from our *Colourfuel* monthly ingredients.



22nd Apr, 20th May, 17th June

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Spicy Quorn Mince Tacos, **(G, So)** Served with Sour Cream **(Mk)**, Grated Cheese **(Mk)**, Guacamole and salad

Spanish Style Chicken, Chorizo & Potato Tray Bake **(Mk, Su)**

Middle Eastern Minced Chicken Kibbeh **(G, Su)**

Pork Sausages **(G, Su)**, Chicken Sausages **(G, Su)** Vegetarian Sausages **(G, So)** With red onion gravy

Roast Pollock, Fennel & New Potato Tray Bake **(F)** Lemon & Caper Aioli **(E)** Or Cheese & Tomato Turnovers **(G, Mk)**

VEGGIE #MeatFree

Mexican Bean & Sweet Potato Wrap **(G)**

Puy Lentil Shepherds Pie with Sweet Potato & Potato Mash **(G, Mk)**

Turkish Lakanta Stew **(G, Su)**

Sweet Potato, Feta Cheese & Spinach Wellington **(G, Mk)** With Gravy

Gnocchi with Tomato Sauce served with Pesto Sauce **(G, Mu, Se, So)**

SIDES #FillingExtras

Mexican Rice

Cous Cous **(G)**

Mashed Potatoes **(Mk)**

Chips

VEG #ExtraGood

Rainbow Slaw

Steamed Broccoli

Green Beans & Kale

Roasted Courgettes

Garden peas

Sweetcorn

Roast Carrots

Roasted Cauliflower

Roast Tomatoes

Baked beans

PUDS #SweetTreat

Steamed Chocolate Chip Pudding **(G, Mk, E, So)** with Custard **(Mk)**

Mixed Berry Buttermilk Cake **(G, E, Mk)**

Chocolate Brownie **(G, Mk, E, So)**

Sticky Toffee Pudding **(G, Mk, E, So, Su)** with Toffee Sauce **(Mk)**

Banoffee Cheesecake **(G, Mk)**

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MENU WEEK 3



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29th Apr, 27th May, 24th June

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Baked Macaroni Cheese
(G, Mk)

Slow Cooked Caribbean
Pork with Pineapple
and Sweet Potato (Su)
Or
Sweet & Sour Chicken
(Su)

Roast Chicken with
Stuffing (G) & Gravy

Sticky Chinese Chicken
with peppers, Bamboo
Shoots & Water
Chestnuts (So)

Battered fish
(G, F, Mk) of the day
served with tartare
sauce (G,E,Su) & lemon
Or
Pork Sausage Roll(G,Su)

VEGGIE #MeatFree

Ratatouille

Layered Roasted
Vegetable & Tomato
Enchilada Pie
(G, Mk)

Veggie Mince Pastitsio
(G, Mk)

Spanish Omelette with
Potatoes, Cheddar
Cheese & Peas
(E, Mk)

Vegetable Spring Rolls
with Sweet Chilli &
Coriander Sauce
(G, So)

SIDES #FillingExtras

Garlic Bread
(G, Mk, So)

Steamed Rice with Peas

Thyme Roast Potatoes

Noodles with Spring
Onions, Soy & Garlic
(G, E, So)

Chips

VEG #ExtraGood

Broccoli

Courgettes

Carrots & Peas

Sweetcorn

Butternut Squash &
Curly Kale

Diced Swede

Sweetcorn

Green Beans

Garden peas

Baked beans

PUDS #SweetTreat

Strawberry Jam &
Coconut Sponge Cake
(G, Mk, E)

Flap Jack
(G)

Tiramisu
(G, Mk)

Chocolate Sponge
(G, E, Mk) with Chocolate
Sauce (Mk, So)

Lemon Meringue Pie
(G, Mk, E)

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MENU WEEK 4



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6th May, 3rd June, 1st July

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Quorn Mexican Chili Con Carne (So)

BBQ Roast Chicken Onion Gravy

Chicken, Pork (G, E, Su) or Veggie Sausage Rolls (G, So)

Peri Peri Marinated Chicken Thighs with Lemon Mayonnaise (E) and red Coleslaw (E) in a Torpedo Roll (G, So)

Fisherman's Pie with Parsley and Cheddar Crumb Potato Topping (G, F, Mk) Or Fish Fingers (G, F)

VEGGIE #MeatFree

Sweet Potato and Bean Nachos (Mk)

Cheese, Cauliflower Potato Pie (Mk)

Roast Vegetarian Loaf With Gravy (G)

Moroccan Vegetable Tagine & Chick Pea Tagine (G, Su)

Cheese & Tomato Pizza (G, Mk)

SIDES #FillingExtras

Steamed Rice

Roast Potatoes

Potato wedges

Cous Cous (G)

Chips

VEG #ExtraGood

Sweetcorn
Pan Fried Courgettes with Onions

Carrots & Curly Kale
Peas

Baked Beans
Carrots and Broccoli

Roast Cauliflower
Green beans

Garden peas
Baked beans

PUDS #SweetTreat

Pineapple & Ginger Cake (G, E, Mk)

Mixed Berry Coulis Mess (E)

Banana cake (G, Mk, E) with cream cheese frosting (Mk)

Lemon and poppy seed pudding (G, Mk, E)

Apple Upside-down Cake (G, Mk, E) with whipped Cream (Mk)

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