

Weekly Menu

WEEK BEGINNING

Week 3



MONDAY

Main
Tempura chicken balls

Vegetarian Main
Oven baked vegetable
spring roll

Homemade soup of the
day

Vegetables
Steamed broccoli florets
Sweetcorn

Sides
Vegetable stir fry
Brown & white rice
Chinese style curry sauce

Dessert
More fruit Monday 😊

TUESDAY

Main
Homemade lamb Greek
kebab served on warm
flatbread with Tzatziki

Vegetarian main
Smokey, tomato & roasted
pepper flat bread

Homemade soup of the day

Vegetables
Greek salad

Sides
Tzatziki
lemon, garlic & herb new
potatoes
Charred Mediterranean
vegetable cous cous
Beetroot humous

Dessert
Raspberry ripple ice cream
with granola topping
(yoghurt for early years)

WEDNESDAY

Main
Meat free pasta day
including

Lemon spaghetti with
salmon & broccoli

Spaghetti Puttanesca

Nut free pesto pasta
Soup
Homemade soup of the
day

Vegetables
fine beans & garden peas

Sides
Sweet basil & tomato
sauce
Homemade garlic & herb
Focaccia

Dessert
Red velvet & beetroot cup
cake
Cheese & crackers

THURSDAY

Main
Birmingham chicken
tikka Balti
(Deconstructed for early
years)

Vegetarian Main
Paneer Jalfrezi

Soup
Homemade soup of the
day

Vegetables
Indian Kachumber
Sweetcorn

Sides
Vegetable pilau or plain
rice
Crispy poppadum's

Dessert
Isabella's Award- winning
shortbread
Strawberry yoghurt pots

FRIDAY

Main
Butcher's best pork
sausage hot dog

Vegetarian Main
Vegan dog

Soup
Homemade soup of the
day

Vegetable
Garden peas
Eat the rainbow slaw
Caramelized onions

Sides
Square chips
Low sugar & salt baked
beans

Chef's treat day
Dessert
Chocolate dipped bronut's

Daily staples include, hot pasta, jacket potatoes, cut fruit, Greek yoghurt and a seasonal salad bar



For allergen & nutritional
information, please speak
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame
Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur
Dioxide



Molluscs