

MENU WEEK 1



2 Jan, 23 Jan,
20 Feb, 13 Mar

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Vegetarian Moussaka
(Mk)

Pork Sausages,
Roasted Onion Gravy,
Creamy Mash
(G,Su,Mk)

Roast Chicken Thighs
with Lemon & Thyme
(G)
Gravy

Beef Chilli Con Carne
with Mexican Rice, Sour
Cream
(Mu,Ce,Mk)

MSC Breaded
Cod Fillet
(G,F)

Salmon fish cakes
(G,F)

VEGGIE #MeatFree

Oriental Vegetable Thai
Green Curry with
Coconut Rice

Veggie Sausages, Onion
Gravy, Creamy Mash
(Mk,Su,So,Mu)

Southern baked Sweet
Potato Steaks with
Wedges, Gravy &
Coleslaw
(E,G,Mu,E)

Vegetable Chilli with
Mexican Rice, Sour
Cream
(Ce,Mk)

Homemade Vegetable
Samosa with Curry
Sauce
(G,Mu,Mk)

GLOBAL #TastyFavourites

Penne pasta in rich
tomato and basil sauce
served with Garlic Bread
(G)

Loaded Nachos with
Veggie Chilli Cheese &
Sour cream
(G,So,Mk)

Indonesian Fried
Veggie Noodles with
Soy & Chilli
(G,So)

Cheese & Onion Pattie
(G,So,Mk,E)

Macaroni Cheese with
a Crunchy Topping
and Chef's Salad
(G,So,Mk)

EXTRAS #ExtraGood

Roasted Mediterranean
Vegetables

Steamed carrots
Broccoli

Crispy roast potatoes
Spring greens
Sweetcorn

Green Beans
Roasted Spicy
Cauliflower

Oven baked chips
Garden peas
Mushy peas

PUDS #SweetTreat

Chocolate Chip
Sponge & Custard
(G,So,Mk,E)

Lemon Drizzle Cake
(G,E,Mk)

Banoffee Pie
(G,Mk,E)

Chocolate Dipped
Shortbread
(Mk,E,G,Su)

Apple Crumble Cake
(G,E,Mk)



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



- ONLY THE BEST -
INGREDIENTS
are used in
OUR DISHES



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



MENU WEEK 2



9 Jan, 30 Jan,
27 Feb, 20 March

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Pesto Roasted
Mediterranean
Vegetable and Pasta
Bake
(G,MK)

Chicken Fajita with
Spicy Tomato Rice
(G,Mu)

Italian Beef Bolognaise
With Pasta , garlic
bread and Chefs' Salad
(G,Mk)

Southern Baked Crispy
Chicken with Wedges
Chicken Gravy &
Coleslaw
(E,G,Mu,E)

Burger Bar
Beef Burger (G,Su)
Served in a burger bun (G)
Salad Garnish, Coleslaw
(G,E,Mu)

VEGGIE #MeatFree

Vegetable Tikka Masala
with Pilau Rice &
Mango Chutney
(G)

Veggie Cottage Pie with
Cheesy Mash served
with Gravy
(G,Su,So,Mk,Ce)

Piri Piri vegetables
with
Spicy Rice & Coleslaw
(E,Su,Ce)

Sticky BBQ Quorn and
Vegetables with Potato
wedges
(G,Su)

Veggie Burger (G)
Served in a
burger bun (G)
Salad Garnish, Coleslaw
(G,E,Mu)

GLOBAL #TastyFavourites

Homemade Falafels in a
Tomato Sauce served
with Vegetable Cous
Cous
(G,Su)

Veggie Quesadilla,
Spicy Tomato Rice
(Ce,G,Mu)

Katsu Chicken & Rice
(G,Mk)

Meatballs with Tomato
Sauce and Basil served
with Penne Pasta
(G)

Margherita Pizza
(G,So,Mk)

EXTRAS #ExtraGood

Garlic Focaccia Bread (G)
Sweetcorn
Green Beans

rice
Broccoli
Cauliflower

Garlic Bread
Baton Carrots
Asian Slaw

Wedges
Roasted Courgettes
Sweetcorn

Oven Baked Chips
Garden Peas
Baked beans

PUDS #SweetTreat

Flapjack
(G,E,Mk)

Chocolate Mousse
(G,Mk,E)

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

Jam & Coconut Sponge
(G,Mk,E)

Sydenham Mess
(,Mk,So)



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MENU WEEK 3



16 Jan, 6 Feb,
6 Mar, 27 March

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Vegetable Bolognese
with Spaghetti
(G,)

Sticky BBQ Sausages
with Potato Wedges
(G,Su)

Roast chicken with
sage and onion
stuffing
(G)
Gravy

Oven Baked Lasagne
topped with Mozzarella
& Chef's Salad (G,Mk,E)
Garlic Bread

Pizza Bar
Pepperoni pizza
(G,Mk,E,So)

VEGGIE #MeatFree

Chickpea and Butternut
Squash Madras with Rice
(G)

Sticky BBQ Veggie
sausages
with Potato Wedges
(G)

Roasted Vegetable
Wellington

Baked Vegetable
Enchiladas with beans
(G,Mk)

Margherita Pizza
(G,Mk,E)

GLOBAL #TastyFavourites

Cheese & Tomato
Turnover
(G,Mk,E)

Veggie Burger in a Bun
with BBQ Sauce,
Lettuce, Tomato & Red
Onion with Crispy
Wedges

Sweet and Sour
Vegetables and Rice
(G,Mk)

Chicken and Roasted
Pepper Pasta Bake
(Mk,G)

Fish Finger Bap
(G,Su,Se,F,E)

EXTRAS #ExtraGood

Garlic Focaccia bread (G)
Glazed carrots
Chef's salad

Wedges
Green Beans
BBQ Beans

Crunchy roast potatoes
Roasted Cauliflower
Carrots

Rice
Sweetcorn
Green beans

Oven baked chips
Garden peas
Baked beans

PUDS #SweetTreat

Orange Drizzle Cake
with Custard
(G,Mk,E)

Chocolate Marble Cake
(G,E,Mk)

Trifle Pots
(Mk)

Chocolate Rocky Road
(G,Mk, So)

Chocolate brownie
with ice cream
(G,Mk,E)



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