

MENU WEEK 1



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



8th & 29th Jan, 26th Feb
18th March

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Piri Piri
roast chicken

Classic Italian
Beef Bolognese

Honey & mustard
glazed gammon
(Mu)

Indonesian
fried chicken
(G, So)

Battered fish (F, G)
Tartare sauce (E, Su)

VEGGIE #MeatFree

Piri piri vegetables

Vegetable & lentil
Bolognese
(MC: G)

Tomato & bean
crumble
(G)

Indonesian fried
vegetables
(G, So)

Vegetable pasty
(G, E)

GLOBAL #ExtraGood

Macaroni & cheese
(G, Mk, Mu, So)

Sage & onion
Marinated
chicken thigh

Braised beef and winter
vegetable stew
(G)

Sweet chilli pork
shoulder

Sticky BBQ
Sausages
(Su, Mu)

EXTRAS #FillingExtras

Spicy Rice
Macho peas
Roasted onions

Penne pasta (G)
Sweetcorn
Broccoli

Colcannon (Mk)
Carrots
Parsnips

Noodles (G)
Courgettes
Cauliflower

Chips
Baked beans
Garden peas

PUDS #SweetTreat

Toffee drizzle flapjack
(G, Mk)

Dorset traybake
(G, E, Su)

Banoffee pie
(G, E, Mk)

Frosted ginger cake
(G, E)

Double chocolate
sponge & chocolate
sauce
(G, E, Mk, So)

ALLERGENS

MC = May Contain

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



MENU WEEK 2



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



15th Jan, 5th Feb
4th & 25 March

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Chicken tikka Masala
Mint Raita (Mk)
Mango chutney

Sausage & bean
hotpot
(G, Su)

Roast turkey
Cranberry stuffing (G)
Gravy

Oven baked Lasagne
(G, Mk)
Garlic Focaccia (G)

Peperoni Pizza
(G, Mk)

VEGGIE #MeatFree

Aubergine & coconut
Dhal
(MC: G)

Sweet potato & bulgur
wheat stew
(G)

Tomato tarte tatin
(G)

Layered vegetable
pasta bake
(G, Mk)

Margherita pizza
(G, Mk)

GLOBAL #ExtraGood

BBQ Pork with pineapple
(So)

Jerk Chicken

Cheese & bacon pasta
(G, Mk)

Pulled pork taco

Cajun Chicken Panini
(G, Mk)

EXTRAS #FillingExtras

Pilau rice
Sweetcorn
Cauliflower

Mashed potato (Mk)
Roasted peppers
Courgettes

Roast potato
Carrots
Broccoli

Mediterranean
vegetables

Skin on Fries
Southern style beans
Crunchy slaw (E)

PUDS #SweetTreat

Marble cake
(G, E, Mk, So)

Apple filo strudel &
custard
(G, E, Mk, Su)

Raspberry Jam &
coconut sponge
(G, E, Su)

Chocolate cheesecake
G, E, Mk, So

Bread & butter pudding
(G, E, Mk, So)

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MENU WEEK 3



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



22nd Jan, 19th Feb
11th & 25th March

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Beef chilli con carne

(Mc: G)

Sour cream (Mk)

Sweet & sour turkey

Southern baked crispy
chicken (G)

with chicken gravy

Cottage pie topped with
cheesy mash

(Mk)

Hotdog (G, Su)

American mustard (Mu)

Crispy onions (G)

VEGGIE #MeatFree

Vegetable & lentil

chilli

(Mc: G)

Sweet & sour stir fried
vegetables

Southern baked sweet
potato (G)

Vegetarian cottage pie
with mashed potato

(Mk)

Veggie burger in a bun
with all the trimmings

(G, Mc: Se)

GLOBAL #ExtraGood

Lemon & paprika
chicken

Hoisin braised
pork (G, So)

Turkey Fajita
(G)

Creamy fish pie
(Mk, F, Mu)

Beef burger in a bun
with all the trimmings

(G, Su, Mc: Se)

EXTRAS #FillingExtras

Mexican Rice

Sweetcorn

Roasted peppers

Noodles (G)

Beansprouts

Courgettes

Seasoned potato wedges

House slaw (E)

Green beans

Braised cabbage

Broccoli

French fries

Baked beans

Garden peas

PUDS #SweetTreat

Chocolate brownie

(G, E, So)

Lemon drizzle cake

(G, E)

Frosted banana tea
bread

(G, E, Mk)

Sydenham Mess

(G, Mk, E)

Jam roly-poly

& custard

(G, E, Mk)

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