



THE GREAT FOOD ADVENTURE MENU



MON TUES WED THU FRI

WEEK 1

Main Meal

HAPPY TUMS

Italian beef bolognese with penne and garlic bread (Mk,G)

Chicken korma with basmati rice and naan bread (Mk,G)

Roast Norfolk turkey, sage and onion stuffing and gravy and roast potato (Mk,G)

Cajun chicken in a peri peri sauce with steamed rice (none)

MSC cod baked fish fingers, lemon and homemade tartare sauce (Mu,Mk,F,E,G)

Vegetarian

MEAT FREE

Macaroni cheese with garlic bread (Mk,G)

Tarka Dhal with spinach and lentils and naan bread (G,Mk)

Baked gnocchi in a tomato sauce (Mk,E,G)

Cheese and tomato pizza with spicy wedges (Mk,So,G)

Roasted pepper, onion and cheddar wholemeal quiche (Mk,E,G)

Veggies

POWER FOOD

Sweetcorn
...
Leeks

Steamed green beans
...
Roasted spiced cauliflower

Steamed broccoli
...
Carrots

Garden peas
...
Coleslaw (Mk,E)

Baked oven chips
...
Baked beans
...
Courgettes

Pudding

SWEET TREAT

Cherry crumble with custard (Mk,,G)

Jelly
Cut fruit
Yoghurt (Mk,So)

Mixed berry flapjack (Mk,E,G)

Jelly
Cut fruit
Yoghurt (Mk,So)

Ginger biscuits (Mk,G)

Week 1 : 2 Sep, 23 Sep, 14 Oct, 11 Nov, 2 Dec

MON TUES WED THU FRI

WEEK 2

Main Meal

HAPPY TUMS

Farm assured pork sausage with mashed potato (Mk,Su,G)

Chicken pie in gravy with new potato (Mk,G,E)

Roast beef with Yorkshire pudding, roast potatoes and gravy (Mk,E,G)

Chinese turkey stir fry with vegetables and noodles (E,G,So)

Cod fish finger with oven chips and tartare sauce (F,G,E,Mu,Mk)

Vegetarian

MEAT FREE

Vegetarian sausage with mashed potato (So,G,Mk)

Vegetable pie with new potato (Mk,G,E)

Basil and tomato pasta (Mk,G)

Italian dough pizza with mozzarella cheese and jacket wedges (Mk,So,G)

Mixed bean and vegetable burrito (Mu,Mk,G)

Veggies

POWER FOOD

Baked beans
...
Sauté leeks

Diced swede
...
Savoy cabbage

Broccoli florets
...
Sweetcorn

Roasted courgette
...
Steamed green beans

Garden peas
...
Grilled tomatoes

Pudding

SWEET TREAT

Autumn fruit crumble with custard (Mk,G)

Jelly
Cut fruit
Yoghurt (Mk,So)

Lemon biscuit (Mk,G)

Orange and raspberry cheesecake (Mk,G)

Assorted ice cream (Mk)

Week 2 : 9 Sep, 30 Sep, 28 Oct, 18 Nov, 9 Dec

MON TUES WED THU FRI

WEEK 3

Main Meal

HAPPY TUMS

Farm assured beef lasagne with garlic bread (G,Mk)

Homemade shepherds pie with creamy mash potato (Mk)

Roast chicken thigh with cranberry stuffing and gravy (Mk,G,Su)

Turkey enchiladas in a tomato sauce (Mk,G)

Fish finger with oven chips and tartare sauce (Mk,G,F,Mu,E)

Vegetarian

MEAT FREE

Vegetarian lasagne with garlic bread (Mk,G)

Quorn shepherds pie with creamy mash (Mk)

Vegetarian wellington with puff pastry (Mk,G,E)

Cheese and tomato pizza with spicy wedges (Mk,G,So)

Veggie burger with relish and sauces (Su,So,Se,Mu,Mk,G)

Veggies

POWER FOOD

Garlic bread (Mk,G)
...
Green beans
...
Butternut squash

Cauliflower
...
Diced swede

Savoy cabbage
...
Carrot batons

Sweetcorn
...
Baked beans

Sautee Leeks
...
Garden peas

Pudding

SWEET TREAT

Apple and spiced cinnamon crumble with custard (Mk,G)

Golden syrup sponge and custard (Mk,E,G)

Jelly
Cut fruit
Yoghurt (Mk,So)

Chocolate and orange cake (Mk,G,E)

Simple pancakes with lemon juice (G,E,Mk,Su)

Week 3 : 16 Sep, 7 Oct, 4 Nov, 25 Nov, 16 Dec

ALLERGENS

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Look out for this icon on our menus for a Better Choice for you!