







WEEK 1 MENU *Spring*

05/01/26, 26/01/26, 16/02/26



	MON	TUES	WED	THUR	FRI
Prep Mains	Al Forno Beef Lasagne (G,Mk,E)	Lebanese Inspired Lamb with Minted Cucumber Yogurt (Mk) and Flatbread (G)	Slow Roasted Shoulder of Pork Non Halal Or Roast Chicken with Sage & Onion Stuffing and Gravy (G)	Mexican Inspired Beef Chilli Beef Chimichangas with Lettuce, Salsa and Sour Cream (Mk,G)	Oven Baked Breaded Cod (G,F) with Tartare Sauce (E) and Lemon Wedges
Senior Mains	Al Forno Beef Lasagne (G,Mk,E)	Lebanese Inspired Lamb with Minted Cucumber Yogurt (Mk) and Flatbread (G)	Slow Roasted Shoulder of Pork Non Halal or Roast Chicken with Sage & Onion Stuffing and Gravy (G)	Mexican Beef Chilli Beef Chimichangas with Lettuce, Salsa and Sour Cream (Mk,G)	Oven Baked Breaded Cod (G,F) with Tartare Sauce (E) and Lemon Wedges
Veggie Mains	Mushroom, Spinach and Lentil Lasagne (G,Mk,E) 	Moroccan Style Courgette, Chickpea Patties with Baba Ghanoush and Flatbread (G/E) 	Roasted Butternut Squash, Chickpea, Spinach and Parmesan "Squashage Roll" (E,G,Mk,Ce,Mu,Se)	Vegan Courgette, Pepper, Onion & Cheese Quesadilla (G) 	Spanish Style Baked Potato, Spinach, Pepper & Spring Onion Tortilla (E,Mk)
Garden Goodness Sides	Roasted Sweetcorn Cauliflower	Steamed Green Beans Parsley Carrots	Sauteed Curly Kale Honey and Thyme Roasted Roots 	Courgettes with Oregano Roasted Broccoli 	Garden Peas Baked Beans
Energy Booster	Focaccia Garlic Bread (G)	Turmeric Rice White and Wholegrain	Skin on Roasties	Naked Slaw	Chunky Chips New Potatoes 
Pudding	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Allergen Free Lemon Drizzle Cake	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Marmalade Bread and Butter Pudding (G,E,Mk,So)


The meat we purchase is halal. Jacket potatoes, plain chicken, bread, plain pasta or rice and an extensive salad bar will be available daily.


Allergen Information
 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


Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!


Look for this logo on the menu to try a yummy seasonal special!

WEEK 2 MENU *Spring*

12/01/26, 02/02/26, 23/02/26



	MON	TUES	WED	THUR	FRI
Prep Mains	Vietnamese Style Caramel Coconut Chicken (G,Se,Ce,Mu) Egg Noodles with Ginger, Garlic and Soy Sauce (E,G,So)	Shepherd's Pie with Cheesy Mash Topping (Mk)	Roast Chicken, Sage & Onion Stuffing with Pan Gravy (G)	Sticky BBQ Chicken	Southern Fried Chicken Fillet (G)
Senior Mains	Vietnamese Style Caramel Coconut Chicken (G,Se,Ce,Mu) Egg Noodles with Ginger, Garlic and Soy Sauce (E,G,So)	Shepherd's Pie with Cheesy Mash Topping (Mk)	Roast Chicken, Sage & Onion Stuffing with Pan Gravy (G)	Sticky BBQ Chicken	Southern Fried Chicken Fillet (G)
Veggie Mains	 Crispy Tofu, Spaghetti Mee Goreng with Pak Choi, Pepper, Broccoli and Crispy Onions (G,So,Se,Ce,Mu)	Plant Based Eat Curious Mince and Vegetable Cottage Pie Sweet Potato Mash (Ve) 	Baked Mozzarella, Aubergine Stack with Tomato, Nut Free Pesto (Mk,G)	Cauliflower Popcorn Bites with Sweet Chilli (G,E,Mk,So)	Leek & Cheddar Quiche (G,E,Mk) 
Garden Goodness Sides	Cajun Seasoned Corn Asian Slaw with Chilli and Lime (Se)	Steamed Cauliflower Stir Fried Courgette	Green Beans Roasted Carrots & Parsnips 	Sweetcorn and Roasted Peppers Steamed Broccoli	Garden Peas Baked Beans
Energy Boosters	Homemade Focaccia Garlic Bread	Potatoes	Skin on Roasties	White & Wholegrain Rice	Homemade Potato Wedges New Potatoes 
Pudding	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Allergen Free Cinnamon Shortbread	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Sticky Pear & Ginger Cake (G,Mk,E)


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WEEK 3 MENU *Spring*

19/01/26, 09/02/26, 02/03/26



	MON	TUES	WED	THUR	FRI
Prep Mains	Indonesian Inspired Chicken Stir Fry (G,E,So) Special Fried Rice (G,So) 	Honey & Marmalade Roasted Gammon Ham with Gravy Non Halal Or Roasted Turkey with Sage & Onion Stuffing (G)	Creamy Thai Style Chicken Penang Curry with Basil & Lime (G,So) 	Lamb Chilli with Tomato Salsa, Paprika, Red Kidney Beans in a soft Tortilla (G)	Oven Baked Breaded Cod (G,F) with Tartare Sauce (E) and Lemon Wedges
Senior Mains	Indonesian Inspired Chicken Stir Fry (G,E,So) Special Fried Rice (G,So)	Honey & Marmalade Roasted Gammon Ham with Gravy Non Halal or Roasted Turkey with Sage & Onion Stuffing (G)	Creamy Thai Style Chicken Penang Curry with Basil & Lime (G,So)	Lamb Chilli with Tomato Salsa, Paprika, Red Kidney Beans in a soft Tortilla (G)	Oven Baked Breaded Cod (G,F) with Tartare Sauce (E) and Lemon Wedges Salmon & Broccoli Lattice Tart (G,E F,Mk)
Veggie Mains	Sweet and Sour Tofu with Special Fried Rice (G,So) 	Roasted Butternut Squash Frittata with Lime Minted Yogurt (G/E/MK) 	Indonesian Inspired Butternut Squash & Pepper Curry with Fresh Ginger & Coriander	Eat Curious Enchilada with Guacamole & Salsa (G,So) with Vegan Sriracha Mayo (So,Mu) 	Glamorgan Sausage with Red Onion Gravy (G,E,Mk,Mu,So,Su)
Garden Goodness Sides	Roasted Cauliflower Spiced Corn Cob	Steamed Curly Kale & Cabbage Coriander Rice 	Sautéed Green Vegetables	Roasted Courgette Herby Couscous (G/Mu/So)	Garden Peas Baked Beans
Energy Boosters	Wholegrain & White Special Fried Rice (G,So)	Thyme Roast Baby Potatoes	Cardamon Rice	Cajun Wedges	Chunky chips New Potatoes 
Pudding	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Allergen Free Mixed Berry Fool	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Selection of Fresh Fruit, Jelly or Yoghurt (Mk)	Queen of Puddings (G,E,MK,So)


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