

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

Steamed Green Beans

Sauteed Curly Kale
Honey and Thyme Roasted Roots

Courgettes with Oregano

Garden Peas

Cauliflower

Parsley Carrots



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

Steamed Curly Kale & Cabbage

Sautéed Green Vegetables

Roasted Courgette

Garden Peas

Spiced Corn Cob

Coriander Rice

Herby Couscous (G/Mu/So)

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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