

# WEEK 1 MENU *Spring*

05.01.26, 26.01.26, 23.02.26, 16.03.26



	MON	TUES	WED	THUR	FRI
<b>Chef's Seasonal Soup</b>	Tomato with Fresh Basil (Ce)	Yellow Split Pea (G)	Cream of Mushroom (G,Mk)	Chinese Miso Noodle (G,E,So)	Chef's Seasonal Soup Kitchen
<b>Daily Dough</b>	Herb Focaccia (G)	Herb Focaccia (G)	Chef's Speciality Guest Bread	Herb Focaccia (G)	Herb Focaccia (G)
<b>Mighty Mains</b>	Stir Fry Vegetable Chow Mein (G,E,So)	Sri Lankan Coconut Chicken Curry (G)	Slow Roasted Pork with Sage & Onion Stuffing and Gravy (G)	Mexican Turkey Chilli Chimichangas with Lettuce, Salsa and Sour Cream (G. Mk)	Baked Fish (G, F) with Chunky Tartare Sauce (E) and Lemon Wedges
<b>Super Veggie Mains</b>	Mushroom and Spinach Lasagne (G,Mk)	Turkey Bolognese Pasta (G, Ce)	Grilled Chicken with piri piri sauce	Mac n Cheese (G, Mk, E, Mu)	Spanish Baked Potato, Spinach, Pepper & Spring Onion Tortilla (E,Mk)
<b>Plant Power Mains (Vegan)</b>	Aubergine and Chickpea Tagine	Chargrilled Herb Polenta Topped with Tomato, Olives and Basil (G)	Mushroom Risotto (Ce)	5 Beans & Lentil Chilli	Ratatouille Aubergine Pasta Bake with Fresh Basil (G)
<b>Garden Goodness Sides</b>	Roasted Corn on the Cob Cauliflower	Steamed Green Beans Parsley Carrots	Sauteed Curly Kale Honey and Thyme Roasted Roots	Courgettes with Oregano Roasted Broccoli	Garden Peas Baked Beans
<b>Energy Boosters</b>	Focaccia Garlic Bread (G)	Turmeric Rice	Skin on Roasties	Naked Slaw	Chunky Chips New Potatoes
<b>Pudding</b>	GF Banana and Cinnamon Traybake (E)	White Chocolate Flapjacks (G, Mk, So)	Pear & Fruits of the Forest Traybake (G, E, Mk)	Baked Syrup Sponge (G, E, Mk) with Custard (Mk)	Apple and Blueberry Pie (G,E)

## 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, 02.03.26, 23.03.26



	MON	TUES	WED	THUR	FRI
<b>Chef's Seasonal Soup</b>	Spiced Apple and Parsnip	Indian Spiced Lentil (G)	Potato and Watercress	Carrot, Butterbean & Rosemary	Chef's Seasonal Soup Kitchen
<b>Daily Dough</b>	Seeded Bloomer (G)	Seeded Bloomer (G)	Chefs Speciality Guest Bread	Seeded Bloomer (G)	Seeded Bloomer (G)
<b>Mighty Mains</b>	Pesto and Mozzarella Baked Gnocchi (G)	Shepherd's Pie with Sweet Potato and Cheesy Mash Topping (Mk)	Turkey Lasagna (G,Mk,Ce)	Crispy Chicken Katsu (G,E,So)	Baked Fish (G, F) with Chunky Tartare Sauce (E) and Lemon Wedges
<b>Super Veggie Mains</b>	Pasta with Tomato Sauce (G, Ce)	Vegetable Biryani	Aubergine and Mozzarella Parmigiana (G, Mk, Mu, Su)	Katsu Sweet Potato with Curry Sauce (E, So, G)	Chicken Stroganoff (G, Mu, Su, Mk)
<b>Plant Power Mains (Vegan)</b>	Singapore Vegetable Noodles (So)	Potato, Leek & Cheddar Pie (G, E, Mk, Mu)	Mushroom & Leek Pasta Carbonara (G, E, Mk)	Sweet & Sour Vegetables (So)	VEGAN Mediterranean Style Gnocchi with roasted vegetables (Ce)
<b>Garden Goodness Sides</b>	Corn on the Cob Garlic Bread (G)	Steamed Cauliflower Stir Fried Courgette	Green Beans Roasted Carrots & Parsnips	Sweetcorn Roasted Broccoli	Garden Peas Baked Beans
<b>Energy Boosters</b>	Pilaf Rice	Paprika Parmentier Potatoes	Skin on Roasties	Jasmine Rice	Skin on Chips Mash Potato
<b>Pudding</b>	GF Double Chocolate (E, Mk, So)	Victoria Sponge (G, E, Mk)	Lemon Drizzle Cake (G, E)	Baked New York Cheesecake with Fruits of the Forest (G,E,Mk)	Sticky Pear & Ginger Cake (G,Mk,E)

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# WEEK 3 MENU *Spring*

19.01.26, 09.02.26, 09.03.26



	MON	TUES	WED	THUR	FRI
<b>Chef's Seasonal Soup</b>	Sweet Potato	Roasted Pepper and Cannellini Bean	Leek and Chive	Chunky Country Vegetable	Chef's Seasonal Soup Kitchen
<b>Daily Dough</b>	Herb Focaccia (G)	Herb Focaccia (G)	Chef's Speciality Guest Bread	Herb Focaccia (G)	Herb Focaccia (G)
<b>Mighty Mains</b>	Pizza Margherita (G, Mk)	Chicken Shawarma Wraps (G, Mk)	Chicken Tikka Masala (Mk)	Pork Sausages (G, Su)	Baked Fish (G,F) with Tartare Sauce (E) and Lemon Wedges
<b>Super Veggie Mains</b>	Special Egg Fried Rice (E, So)	Moroccan Aubergine & Chickpea Tagine	Turkey Bolognese Pasta (Ce)	Chicken Sausages (G, Su)	Crispy Chicken Burger (G,E,Mk,So)
<b>Plant Power Mains (Vegan)</b>	VEGAN Vegetables Goulash	Vegetable Shawarma (G)	Vegetable Tikka Masala	Roasted Vegetable Quiche (G,E,Mk)	VEGAN Lentil Burger (G)
<b>Garden Goodness Sides</b>	Roasted Cauliflower Sweetcorn	Chef's Garden Salad Green Beans	Roasted Cauliflower Pilaf Rice	Roasted Root Vegetable Sautéed Cabbage	Garden Peas Baked Beans
<b>Energy Boosters</b>	Steamed Rice	Tabbouleh (G)	Bombay Potatoes	Spring Onion Mash (Mk)	Chunky chips Corn on the Cob
<b>Pudding</b>	GF Apple and Sultana Flapjack (Su)	Carrot Cake with Cream Cheese Frosting (G,E,Mk)	Raspberry Jam and Coconut Sponge (E,G,Su) with Custard (Mk)	Chocolate Brownie (G,E,Mk)	Sticky Toffee Pudding with Toffee Sauce (Mk,G,E,Su)

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