

SEPT 24
WEEK 1

MAIN

VEGETARIAN

DELI

**TUBS
2 GO**

PUDDING

MONDAY

CHICKEN TIKKA
Rice & Naan Bread

(2A,7)

VEGETABLE TIKKA
Rice, Peas & Naan Bread

(2A,9)

HERBY TOMATO or CHICKEN KORMA (7)
With Pasta (2A) or Rice

ICE CREAM POT (7)
Fresh Fruit, Grape Pots Or Jelly

TUESDAY

BEEF CHILLI
Jacket potato & Corn cob

(4,7)

QUORN CHILLI,
Jacket potato & corn cob
(2C,4)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta (2A) or Rice

CARROT CAKE (2A,4,7,13)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

GAMMON & EGG
Crushed New Pots & Peas

(4,7)

QUORN FILLET & EGG
New Potatoes & Peas

(2A,4,7)

HERBY TOMATO or CHICKEN TIKKA (7)
With Pasta (2A) or Rice

APPLE TURNOVER (2A,7)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

CHICKEN & SPINACH CREAMY PASTA BAKE
Salad

(2A,7,9,13)

BAKED FETA PASTA
Salad

(2A,7,9,13)

HERBY TOMATO or BEEF CHILLI
With Pasta (2A) or Rice

VANILLA SPONGE & CUSTARD (2A,4,7)
Fresh Fruit, Grape Pots Or Jelly

FRIDAY

FISH, CHIPS
Beans/Peas

(2A,5)

FALAFEL SPINACH BURGER, CHIPS
Beans/Peas
(2A,4,12)

HERBY TOMATO or CHEESE (7)
With Pasta (2A)

ZESTY ORANGE ICED CAKE (2A,4,7,13)
Fresh Fruit, Grape Pots Or Jelly

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4), HAM OR TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR CRUSTY ROLL (2A). (ALL ITEMS SUBJECT TO AVAILABILITY)

Use the QR Code to get all the Allergy and Nutritional Information or type in a Browser
<https://app.catercloud.com/menu/082699BC-760C-4756-9383-958F5489C622>



ANY ALLERGY CONCERNS PLEASE SPEAK TO THE CATERING TEAM
ALLERGIES HIGHLIGHTED IN RED "CONTAINS" THE ALLERGY BLACK "MAY CONTAIN"
1 Celery 2A Wheat 2B Rye 2C Barley 2D Oats 2E Spelt 3 Crustaceans 4 Eggs 5 Fish 6 Lupin 7 Milk 8 Molluscs 9 Mustard 10 Peanuts 11 Nuts 12 Sesame 13 Soya 14 Sulphur Dioxide



WE ONLY SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MAYO ARE FREE RANGE, OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS. TO FURTHER REDUCE THE FOOD MILES, AMEY'S AIM IS TO PROCURE OUR INGREDIENTS FROM ONE SUPPLIER THAT SOURCE AS LOCAL AS POSSIBLE. HOWEVER SOURCING THESE GREAT INGREDIENTS AND PRODUCING GREAT TASTING FOOD CAN ONLY BE BROUGHT TOGETHER BY OUR SKILLED AND TRAINED TEAMS. ALL OF OUR FOOD IS PRODUCED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT, IF YOU HAVE A DIETARY REQUIREMENTS, PLEASE SPEAK TO ONE OF OUR TEAM WHO WILL BE HAPPY TO HELP TO FIND SOMETHING SUITABLE. ALL OF OUR DISHES ARE FULLY COMPLIANT WITH THE NEW GOVERNMENT NUTRITIONAL GUIDELINES 2015 AND PRODUCED USING A FOOD ANALYSIS SYSTEM.

SEPT 24
WEEK 2

MAIN

VEGETARIAN

DELI

**TUBS
2 GO**

PUDDING

MONDAY

BACON & CHEESE QUICHE
Crushed New Potatoes & Salad
(2A,4,7)

CHEESE & BROCOLLI QUICHE
Crushed New Potatoes & Salad
(2A,4,7)

HERBY TOMATO or CHICKEN TIKKA (7)
With Pasta **(2A)** or Rice

ICE CREAM POT (7)
Fresh Fruit, Grape Pots Or Jelly

TUESDAY

AFTERNOON BRUNCH
Beans or Peas
(2A,4,7,14)

AFTERNOON BRUNCH
Beans or Peas
(2A,4,7,13,14)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta **(2A)** or Rice

APPLE & PEAR CRUMBLE & CUSTARD (2A,7)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

JACKET POTATO
Tuna, cheese & Salad
(4,5,7)

JACKET POTATO
Beans, cheese & Salad
(7)

HERBY TOMATO or CHICKEN KORMA (7)
With Pasta **(2A)** or Rice

JAM & COCONUT SPONGE (2A,4,7,13,14)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

CHICKEN KORMA
Rice & Naan Bread
(2A,7)

QUORN KORMA
Rice & Naan Bread
(2A,4,7)

HERBY TOMATO or BEEF CHILLI
With Pasta **(2A)** or Rice

CHOCOLATE & DATE SPONGE & CUSTARD (2A,4,7)
Fresh Fruit, Grape Pots Or Jelly

FRIDAY

FISH, CHIPS
With Beans/Peas
(2A,5)

CHEESE & ONION PASTY, CHIPS
With Beans/Peas
(2A,7)

HERBY TOMATO or CHEESE (7)
With Pasta **(2A)**

FLAP JACK (2A,2C,2D)
Fresh Fruit, Grape Pots Or Jelly

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4), HAM OR TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR CRUSTY ROLL (2A). (ALL ITEMS SUBJECT TO AVAILABILITY)

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SEPT 24
WEEK 3

MAIN

VEGETARIAN

DELI

**TUBS
2 GO**

PUDDING

MONDAY

BBQ CHICKEN & BACON LOADED WEDGES
Peas & Sweetcorn
(1,2A,2C,13)

LOADED BBQ CHUNKY VEG WEDGES
With Peas/Sweetcorn
(1,2A,2C,13)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4), HAM OR TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR CRUSTY ROLL (2A).
(ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or CHICKEN TIKKA (7)
With Pasta (2A)
or Rice

ICE CREAM POT (7)
Fresh Fruit, Grape Pots Or Jelly

TUESDAY

COTTAGE PIE
With Peas
(2A,2C,7,13)

QUORN COTTAGE PIE
With Peas
(2A,2C,4,7,13)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta (2A)
or Rice

APPLE CRUMBLE & CUSTARD (2A,7)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

BEEF MEATBALLS
Spaghetti & Garlic Bread
(2A,7,9,13)

MEATLESS MEAT-BALLS
Spaghetti, Garlic Bread & Salad
(2A,4,13)

HERBY TOMATO or CHICKEN KORMA (7)
With Pasta (2A)
or Rice

LEMON DRIZZLE SPONGE (2A,4,7)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

GIANT FILLED BEEF YORKY
Mash Potatoes, Cauliflower & Gravy
(2A,2C,4,7,13)

GIANT FILLED YORKY
Veggie Sausage, Roast Potatoes, Cauliflower & Gravy
(2A,2C,4,7,13,14)

HERBY TOMATO or BEEF CHILLI
With Pasta (2A)
or Rice

APPLE & STRAWBERRY PIE, CUSTARD (2A,7)
Fresh Fruit, Grape Pots Or Jelly

FRIDAY

SALMON FISH CAKE, CHIPS
With Beans/Peas
(2A,5)

VEGAN SAUSAGE ROLL, CHIPS
With Beans/Peas
(2A,2C,7,13)

HERBY TOMATO or CHEESE (7)
With Pasta (2A)

MIXED FRUIT MUFFIN (2A,4,7,13,14)
Fresh Fruit, Grape Pots Or Jelly

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SEPT 24
WEEK 4

MAIN

VEGETARIAN

DELI

**TUBS
2 GO**

PUDDING

MONDAY

BEEF STEW
Mash Potato

(2A,2C,7,13)

VEGETABLE STEW
Mash Potato

(2A,2C,7,13)

TUESDAY

MAC 'N' CHEESEY CHICKEN
Salad

(1,2A,4,7,9,13)

MAC 'N' CHEESY CAULIFLOWER
Salad

(2A,7,9)

WEDNESDAY

TOAD IN THE HOLE
Roast Potato, Broccoli & Gravy

(2A,2B,4,7,13,14)

VEGGIE TOAD IN THE HOLE
Roast Potato, Broccoli & Gravy

(2A,2C,4,7,13)

THURSDAY

SPAGHETTI BOLOGNESE
Cheesy Garlic Bread

(1,2A,7,13)

QUORN BOLOGNESE
Cheesy Garlic Bread Salad

(2A,2C,4,7,13)

FRIDAY

FISH, CHIPS
With beans/peas

(2A,5)

VEGETARIAN CHILLI. CHIPS
With beans/peas

**FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4), HAM OR TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR CRUSTY ROLL (2A).
(ALL ITEMS SUBJECT TO AVAILABILITY)**

HERBY TOMATO or CHICKEN TIKKA (7)
With Pasta (2A)
or Rice

HERBY TOMATO or BEEF BOLOGNESE
With Pasta (2A)
or Rice

HERBY TOMATO or CHICKEN KORMA (7)
With Pasta (2A)
or Rice

HERBY TOMATO or BEEF CHILLI
With Pasta (2A)
or Rice

HERBY TOMATO or CHEESE (7)
With Pasta (2A)

ICE CREAM POT (7)
Fresh Fruit, Grape Pots Or Jelly

CARROT CAKE (2A,4,7,13)
Fresh Fruit, Grape Pots Or Jelly

APPLE TURNOVER (2A,7)
Fresh Fruit, Grape Pots Or Jelly

VANILLA SPONGE & CUSTARD (2A,4,7)
Fresh Fruit, Grape Pots Or Jelly

ZESTY ORANGE ICED CAKE (2A,4,7,13)
Fresh Fruit, Grape Pots Or Jelly

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SEPT 24
WEEK 5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

KATSU CHICKEN CURRY
Rice & Peas

(2A,13)

PORK SAUSAGES
Mash Potato cabbage & Gravy

(2A,2C,7,13,14)

ROAST CHICKEN
Roast Potatoes, green beans, carrots, yorky & Gravy

(1,2A,2C,4,7,13)

BEEF LASAGNE
Salad

(1,2A,4,7,9,13)

FISH, CHIPS
Beans/Peas

(2A,5)

KATSU VEGETABLE CURRY
Rice & Peas

(2A,13)

VEGGIE SAUSAGES
Mash Potato, mixed Veg & Gravy

(2A,2C,7,13)

CAULIFLOWER CHEESE
Roast Potatoes, green beans, carrots, yorky

(1,2A,2C,4,7,9,13)

VEGETABLE LASAGNE
Salad

(1,2A,4,7,9,13)

SPICY BEAN BURGER, CHIPS
Beans/Peas

(2A)

VEGETARIAN

DELI

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4), HAM OR TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR CRUSTY ROLL (2A).
(ALL ITEMS SUBJECT TO AVAILABILITY)

**TUBS
2 GO**

HERBY TOMATO or CHICKEN TIKKA (7)
With Pasta (2A)
or Rice

HERBY TOMATO or BEEF BOLOGNESE
With Pasta (2A)
or Rice

HERBY TOMATO or CHICKEN KORMA (7)
With Pasta (2A)
or Rice

HERBY TOMATO or BEEF CHILLI
With Pasta (2A)
or Rice

HERBY TOMATO or CHEESE (7)
With Pasta (2A)

PUDDING

ICE CREAM POT
(7)

Fresh Fruit, Grape Pots Or Jelly

APPLE & PEAR CRUMBLE & CUSTARD
(2A,7)

Fresh Fruit, Grape Pots Or Jelly

JAM & COCONUT SPONGE
(2A,4,7,13,14)

Fresh Fruit, Grape Pots Or Jelly

CHOCOLATE & DATE SPONGE & CUSTARD
(2A,4,7)

Fresh Fruit, Grape Pots Or Jelly

FLAP JACK
(2A,2C,2D)

Fresh Fruit, Grape Pots Or Jelly

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SEPT 24
WEEK 6

MAIN

VEGETARIAN

DELI

**TUBS
2 GO**

PUDDING

MONDAY

CHILLI BEEF BOAT
Rice & Salad

(2A)

VEGGIE CHILLI BOAT
Rice & Salad

TUESDAY

CHICKEN BALTI
Rice, Peas & Naan Bread

(2A,7,9)

QUORN BALTI
Rice, Peas & Naan Brad

(2A,4,7,9)

WEDNESDAY

BEEF BURGER
Homemade Wedges
& Coleslaw

(2A,4,12,13,14)

SPICY BEAN BURGER
Homemade Wedges
& Coleslaw

(2A,4)

THURSDAY

**CAJUN CHICKEN
PASTA BAKE**
Salad

(1,2A,7,9,13)

**CAJUN SPICED VEG
PASTA BAKE**
Salad

(1,2A,4,7,9,13)

FRIDAY

**SALMON FISH CAKE,
CHIPS**
Beans/Peas

(2A,5)

**VEGAN FISHLESS
FINGERS. CHIPS**
Beans/Peas

(2A)

**FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4), HAM OR TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR CRUSTY ROLL (2A).
(ALL ITEMS SUBJECT TO AVAILABILITY)**

**HERBY TOMATO or
CHICKEN TIKKA (7)**
With Pasta (2A)
or Rice

**HERBY TOMATO or
BEEF BOLOGNESE**
With Pasta (2A)
or Rice

**HERBY TOMATO or
CHICKEN KORMA (7)**
With Pasta (2A)
or Rice

**HERBY TOMATO or
BEEF CHILLI**
With Pasta (2A)
or Rice

**HERBY TOMATO or
CHEESE (7)**
With Pasta (2A)

ICE CREAM POT

(7)
Fresh Fruit, Grape Pots Or Jelly

**APPLE
CRUMBLE & CUSTARD**
(2A,7)
Fresh Fruit, Grape Pots Or Jelly

**LEMON DRIZZLE
SPONGE**
(2A,4,7)
Fresh Fruit, Grape Pots Or Jelly

**APPLE & STRAWBERRY
PIE &
CUSTARD**
(2A,7)
Fresh Fruit, Grape Pots Or Jelly

**MIXED FRUIT
MUFFIN**

(2A,4,7,13,14)
Fresh Fruit, Grape Pots Or Jelly

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