

SEPT 26
WEEK 1

MAIN

VEGETARIAN

DELI

TAKEOUT
TUBS

PUDDING

MONDAY

JACKET POTATO
TOPPED,
BEEF CHILLI &
SALAD

JACKET POTATO
TOPPED, QUORN CHILLI
&
SALAD

(2C,4)

TUESDAY

CHEESE 'n' BROCCOLI
QUICHE, NEW POTATOES
& PEAS

(2A,4,7)

CHEESE 'n' BROCCOLI
QUICHE, NEW POTATOES
& PEAS

(2A,4,7)

WEDNESDAY

SPAGHETTI BOLOGNESE &
SALAD

(2A,7,9,13)

SPAGHETTI QUORN
BOLOGNESE & GARLIC
BREAD

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

THURSDAY

ROAST CHICKEN, ROAST
POTATOES,
BROCCOLI &
CAULIFLOWER—
OPTIONAL GRAVY

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

QUORN FILLET, ROAST
POTATOES,
BROCCOLI & CAULI-
FLOWER—OPTIONAL
GRAVY

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

FRIDAY

FISH, CHIPS,
BEANS or PEAS

(2A,5)

FALAFEL SPINACH
BURGER, CHIPS
BEANS or PEAS

(2A,12)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4) TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR BREAD ROLL (2A,12) (ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or
CHICKEN KORMA (7)
50/50 PASTA/RICE

(2A,9,13)

HERBY TOMATO or
BEEF BOLOGNESE
50/50 PASTA

(2A,9,13)

HERBY TOMATO or
CHICKEN TIKKA (7)
50/50 PASTA/RICE

(2A,9,13)

HERBY TOMATO or
BEEF CHILLI
50/50 PASTA/RICE

(2A,9,13)

HERBY TOMATO or
CHEESE (7)
50/50 PASTA

(2A,9,13)

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

ZESTY ORANGE ICED
SPONGE
(2A,4,7,13)
FRUIT, LOW FAT YOGHURT(7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

CHOCOLATE & DATE
SPONGE & CUSTARD
(2A,4,7,13)
FRUIT,LOW FAT YOGHURT(7)
JELLY

VIVA SEMI SKIMMED MILK, RADNOR WATER, VARIETY OF FLAVOURS OF RADNOR WATER, RADNOR 150 ML FRUIT JUICE CARTONS — ALL AVAILABLE TO PURCHASE DAILY
DRINKING WATER AVAILABLE DAILY IN THE RESTAURANT

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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



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SEPT 26
WEEK 2

MAIN

VEGETARIAN

DELI

TAKEOUT
TUBS

PUDDING

MONDAY

CHICKEN TIKKA, 50/50
RICE, PEAS & NAAN
BREAD

(2A,7)

QUORN TIKKA
RICE & NAAN BREAD

(2A,4,7)

TUESDAY

FILLED YORKSHIRE—
BEEF, NEW POTATOES,
CARROTS &
CAULIFLOWER —
OPTIONAL GRAVY
(2A,2C,4,7,13)

FILLED YORKSHIRE-
CHEESY CAULIFLOWER,
NEW POTATOES,
CARROTS—OPTIONAL
GRAVY
(1,2A,2C,4,7,9,13)

WEDNESDAY

PIRI PIRI CHICKEN
FILLET, HOMEMADE
WEDGES & CORN ON THE
COB

PIRI PIRI VEGAN
FILLET,
HOMEMADE WEDGES &
CORN ON THE COB

(2A)

THURSDAY

AFTERNOON BRUNCH,
BEANS or PEAS

(2A,4,7,14)

AFTERNOON VEGGIE
BRUNCH,
BEANS or PEAS

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

FRIDAY

SALMON FISH CAKE,
CHIPS,
BEANS or PEAS

(2A,5)

QUORN CHILLI, CHIPS
BEANS or PEAS

(2A,5)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4) TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR BREAD ROLL (2A,12) (ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or
CHICKEN KORMA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF BOLOGNESE
50/50 PASTA
(2A,9,13)

HERBY TOMATO or
CHICKEN TIKKA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF CHILLI
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
CHEESE (7)
50/50 PASTA
(2A,9,13)

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

APPLE, SULTANA SPONGE
& CUSTARD
(2A,4,7,13)
FRUIT,LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FLAP JACK
(2A,2C,2D)
FRUIT,LOW FAT YOGHURT(7)
JELLY

VIVA SEMI SKIMMED MILK, PLAIN RADNOR WATER, VARIETY OF FLAVOURS OF RADNOR WATER, RADNOR 150 ML FRUIT JUICE CARTONS — ALL AVAILABLE TO PURCHASE DAILY
DRINKING WATER AVAILABLE DAILY IN THE RESTAURANT

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6 LUPIN 7 MILK 8 MOLLUSCS 9 MUSTARD 10 PEANUTS 11 NUTS 12 SESAME 13 SOYA 14 SULPHUR
DIOXIDE



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SEPT 26
WEEK 3

MAIN

VEGETARIAN

DELI

TAKEOUT
TUBS

PUDDING

MONDAY

BBQ CHICKEN,
WHOLEMEAL PITTA
& SALAD

(2A,7,13)

BBQ QUORN PIECES,
WHOLEMEAL PITTA &
SALAD

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

TUESDAY

PORK SAUSAGE
CASSEROLE, MIXED
VEGETABLES & MASH
POTATO

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

VEG SAUSAGE
CASSEROLE, MIXED
VEGETABLES & MASH

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

WEDNESDAY

JACKET POTATO TOPPED
BEANS & SALAD

JACKET POTATO, TOPPED
BEANS & SALAD

THURSDAY

BEEF CHILLI, 50/50 RICE
& COLESLAW

(2A)

VEGETABLE CHILLI, 50/50
RICE & COLESLAW

(2C,4)

FRIDAY

FISH, CHIPS,
BEANS or PEAS

(2A,5)

VEGAN SAUSAGE ROLL,
CHIPS,
BEANS or PEAS

(2A,2C,7,13)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4) TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR BREAD ROLL (2A,12) (ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or
CHICKEN KORMA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF BOLOGNESE
50/50 PASTA
(2A,9,13)

HERBY TOMATO or
CHICKEN TIKKA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF CHILLI
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
CHEESE (7)
50/50 PASTA
(2A,9,13)

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

LEMON DRIZZLE CAKE
(2A,4,7)

FRUIT,LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

APPLE CRUMBLE &
CUSTARD (2A,7)

FRUIT,LOW FAT YOGHURT(7)
JELLY

VIVA SEMI SKIMMED MILK, PLAIN RADNOR WATER, VARIETY OF FLAVOURS OF RADNOR WATER, RADNOR 150 ML FRUIT JUICE CARTONS — ALL AVAILABLE TO PURCHASE DAILY
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ALLERGIES HIGHLIGHTED IN RED "CONTAINS" THE ALLERGY BLACK "MAY CONTAIN"

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DIOXIDE



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SEPT 26
WEEK 4

MAIN

VEGETARIAN

DELI

TAKEOUT
TUBS

PUDDING

MONDAY

CHICKEN CURRY,
RICE & PEAS

(2A,13)

QUORN FILLET CURRY,
RICE & PEAS

(2A,13)

TUESDAY

COTTAGE PIE,
PEAS & SWEETCORN

(2A,2C,7,13)

CHEESE TOPPED QUORN
PIE,
PEAS & SWEETCORN

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

WEDNESDAY

TURKEY - ROAST
POTATOES, YORKSHIRE
PUDDING,
BROCCOLI &
CAULIFLOWER—
OPTIONAL GRAVY
(2A,2C,4,7,13)

VEGGIE SAUSAGE -
ROAST POTATOES,
YORKSHIRE PUDDING,
BROCCOLI &
CAULIFLOWER—
OPTIONAL GRAVY
(2A,2C,4,7,13)

THURSDAY

CHICKEN MEATBALLS,
SPAGHETTI & SALAD

(1,2A,2C,2D,4,7,9,13,14)

QUORN MEATBALLS,
SPAGHETTI & SALAD

(2A,7,13)

FRIDAY

FISH, CHIPS,
BEANS or PEAS

(2A,5)

FISHLESS FINGERS,
CHIPS,
BEANS or PEAS

(2A)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4)TUNA MAYO (4,5) AND
A SIDE OF JACKET POTATO, COLD PASTA (2A) OR BREAD ROLL (2A,12) (ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or
CHICKEN KORMA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF BOLOGNESE
50/50 PASTA
(2A,9,13)

HERBY TOMATO or
CHICKEN TIKKA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF CHILLI
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
CHEESE (7)
50/50 PASTA
(2A,9,13)

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

MIXED FRUIT SPONGE &
CUSTARD

(2A,4,7,13,14)
FRUIT,LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

CHOCOLATE ORANGE
BROWNIE

(2A,4,7,13)
FRUIT,LOW FAT YOGHURT(7)
JELLY

VIVA SEMI SKIMMED MILK, PLAIN RADNOR WATER, VARIETY OF FLAVOURS OF RADNOR WATER, RADNOR 150 ML FRUIT JUICE CARTONS — ALL AVAILABLE TO PURCHASE DAILY
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SEPT 26
WEEK 5

MAIN

VEGETARIAN

DELI

TAKEOUT
TUBS

PUDDING

MONDAY

TOAD IN THE HOLE,
MASH POTATO, PEAS &
SWEETCORN—OPTIONAL
GRAVY

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

VEGGIE TOAD IN THE
HOLE, MASH POTATO,
PEAS & SWEETCORN—
OPTIONAL GRAVY
(2A,2C,4,7,13,14)

TUESDAY

BEEF ENCHILADA'S,
& SALAD

(2A,7)

QUORN ENCHILADA'S
& SALAD

(2A,2C,4,7)

WEDNESDAY

JACKET POTATO TOPPED
TUNA, CHEESE
& SALAD

(4,5)

JACKET POTATO
TOPPED, CHEESE, BEANS
& SALAD

THURSDAY

MACARONI CHICKEN &
CHEESE, SALAD &
GARLIC BREAD

(2A,7,13)

MACARONI CHEESE,
SALAD & GARLIC BREAD

(2A,7,13)

FRIDAY

SALMON FISH CAKE,
CHIPS,
BEANS or PEAS

(2A,5)

SPICY BEAN
BURGER, CHIPS,
BEANS or PEAS

(2A)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4) TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, COLD PASTA (2A) OR BREAD ROLL (2A,12) (ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or
CHICKEN KORMA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF BOLOGNESE
50/50 PASTA
(2A,9,13)

HERBY TOMATO or
CHICKEN TIKKA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF CHILLI
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
CHEESE (7)
50/50 PASTA
(2A,9,13)

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

JAM SPONGE (2A,4)

FRUIT,LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

VANILLA CAKE &
CUSTARD (2A,4,7)

FRUIT,LOW FAT YOGHURT
(7) JELLY

VIVA SEMI SKIMMED MILK, PLAIN RADNOR WATER, VARIETY OF FLAVOURS OF RADNOR WATER, RADNOR 150 ML FRUIT JUICE CARTONS — ALL AVAILABLE TO PURCHASE DAILY
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OXIDE



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SEPT 26
WEEK 6

MAIN

VEGETARIAN

DELI

TAKEOUT
TUBS

PUDDING

MONDAY

BEEF BURGER IN A BUN
& SALAD

(2A,7,12,13)

FALAFEL BURGER IN A
BUN & SALAD

(2A,12)

TUESDAY

TANDOORI CHICKEN,
RICE, PEAS &
SWEETCORN

(1,13)

VEGETABLE SAVORY
RICE, PEAS &
SWEETCORN

(4,7,9,13)

WEDNESDAY

BEEF LASAGNE & SALAD

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

VEGETABLE LASAGNE &
SALAD

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

THURSDAY

CHICKEN,
BROCCOLI
TAGLIATELLE
& GARLIC BREAD
(2A,4,7,9,13)

GARLIC MUSHROOM,
BROCCOLI
TAGLIATELLE & GARLIC
BREAD

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

FRIDAY

FISH, CHIPS, PEAS &
CURRY SAUCE

(2A,5)

VEGGIE NUGGETS.
CHIPS, PEAS & CURRY
SAUCE

(2A)

FRESHLY PREPARED SALAD WITH A OPTION OF TOPPINGS (CHEESE (7), CHICKEN TIKKA (4,7), CHICKEN MAYO (4) TUNA MAYO (4,5) AND A SIDE OF JACKET POTATO, 50/50 PASTA (2A,9,13) OR BREAD ROLL (2A,12) (ALL ITEMS SUBJECT TO AVAILABILITY)

HERBY TOMATO or
CHICKEN KORMA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF BOLOGNESE
50/50 PASTA
(2A,9,13)

HERBY TOMATO or
CHICKEN TIKKA (7)
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
BEEF CHILLI
50/50 PASTA/RICE
(2A,9,13)

HERBY TOMATO or
CHEESE (7)
50/50 PASTA
(2A,9,13)

FRESH FRUIT

LOW FAT YOGHURT (7) JELLY

APPLE, PEAR
CRUMBLE & CUSTARD
(2A,7)
FRUIT, LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7)
JELLY

FRESH FRUIT

LOW FAT YOGHURT (7) JELLY

CHERRY SHORTBREAD
(2A,2C,2D)
FRUIT, LOW FAT YOGHURT(7)
JELLY

VIVA SEMI SKIMMED MILK, PLAIN RADNOR WATER, VARIETY OF FLAVOURS OF RADNOR WATER, RADNOR 150 ML FRUIT JUICE CARTONS — ALL AVAILABLE TO PURCHASE DAILY
DRINKING WATER AVAILABLE DAILY IN THE RESTAURANT

Use the QR Code to
get all the Allergy
and Nutritional In-
formation or type in
a Browser - [https://
app.catercloud.com/
menu/6620F9C2-
4A55-42D2-A97E-
02F40D8A0E16](https://app.catercloud.com/menu/6620F9C2-4A55-42D2-A97E-02F40D8A0E16)



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 DI-
OXIDE



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.