



MENU CYCLE WEEK ONE

BIRDSEDGE
AUTUMN TERM
Sept-November
2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Curry	Pepperoni Pizza	Roast Gammon with Yorkshire Pudding	Cottage Pie	Chicken Nuggets
LIGHT BITE	Baked Potato with Beans or Cheese	Ham, Cheese or Tuna Sandwich	Baked Potato with Beans or Cheese	Ham, Cheese or Tuna Sandwich	Fish Fingers
STARCHY FOOD	Brown Rice	Baked Potato Wedges	Roast Potatoes	Mashed Potato	Chips
VEGETABLE	Sweetcorn	Baked Beans	Sesonal Vegetables	Peas	Beans & Mushy Peas
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				
PASTA OF THE DAY	Tomato Pasta Garlic Bread	Mac & Cheese Pasta Garlic Bread	BBQ & Tomato Pasta Garlic Bread	Bolognaise Pasta Garlic Bread	Mac & Cheese Pasta Garlic Bread

Food Allergies and Intolerance

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.





MENU CYCLE WEEK TWO

BIRDSEGE
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Chicken Noodles	Cheese & Tomato Pizza	Roast Chicken Dinner Yorkshire Pudding	All Day Breakfast Sausage, Tomato & Scrambled Eggs	Beef Burger
LIGHT BITE	Baked Potato with Beans or Cheese	Ham, Cheese or Tuna Sandwich	Baked Potato with Beans or Cheese	Ham, Cheese or Tuna Sandwich	Fish Fingers
STARCHY FOOD	Noodles	Baked Potato Wedges	Roast Potatoes	Hash Brown	Chips
VEGETABLE	Stir Fried Vegetables	Sweetcorn	Seasonal Vegetables	Beans	Beans & Mushy Peas
DESSERT	A selection of home bakes, Hot Pudding, jelly and fresh fruit available daily.				
ON DAILY	Tomato Pasta Garlic Bread	Mac & Cheese Pasta Garlic Bread	BBQ & Tomato Pasta Garlic Bread	Bolognaise Pasta Garlic Bread	Mac & Cheese Pasta Garlic Bread



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Lasagne Garlic Bread	Cheese & Tomato Pizza	Roast Pork Yorkshire Pudding	Sausage	Chicken Burger
LIGHT BITE	Baked Potato with Beans or Cheese	Ham, Cheese or Tuna Sandwich	Baked Potato with Beans or Cheese	Ham, Cheese or Tuna Sandwich	Fish Fingers
STARCHY FOOD	Garlic Bread	Baked Potato Wedges	Roast Potatoes	Mash Potato	Chips
VEGETABLE	Salad	Sweetcorn	Seasonal Vegetables	Garden Peas	Beans & Mushy Peas
DESSERT	A selection of home bakes, Hot Pudding, jelly and fresh fruit available daily.				
ON DAILY WHOLE MEAL PASTA	Tomato Pasta Garlic Bread	Mac & Cheese Pasta Garlic Bread	BBQ & Tomato Pasta Garlic Bread	Bolognaise Pasta Garlic Bread	Mac & Cheese Pasta Garlic Bread



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