



MENU CYCLE WEEK ONE

BIRDSEGE
AUTUMN TERM
Sep – Dec 2022

| | VEGETARIAN MONDAY | AROUND THE WORLD TUESDAY | ROAST WEDNESDAY | CLASSIC THURSDAY | TREAT FRIDAY |
|--------------|---|--------------------------|--------------------------------------|------------------------|---------------------------|
| MAIN COURSE | Italian Quorn Meatball Pasta Bake | Chicken Tikka Curry | Sliced Roast Gammon | Sausages & Mash | Fish Fingers |
| VEGETARIAN | Cheese & Tomato Pizza | Vegetable Tikka | Vegetable Hotpot | Quorn Sausages & Mash | Cheese & Onion Quiche |
| STARCHY FOOD | Baked Wedges | Wholegrain Rice | Roast Potatoes | Mashed Potatoes | Chips |
| VEGETABLE | Sweetcorn | Green Beans | Diced Carrots & Swede Garden Peas | Broccoli | Baked Beans or Mushy Peas |
| DESSERT | A selection of home bakes, jelly and fresh fruit available daily. | | | | |
| DAILY SNACK | Jacket Potato with Cheese or Beans | Beef Burger | Cheese Toastie | Cheese or Ham Sandwich | Chicken Nuggets |



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.





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| | VEGETARIAN MONDAY | AROUND THE WORLD TUESDAY | THEME DAY | CLASSIC THURSDAY | TREAT FRIDAY |
|--------------|---|-----------------------------|---|-----------------------------|------------------|
| MAIN COURSE | Mac & Cheese | Mexican chilli & Nacho bake | <p>Theme Day, Look out for the weeks theme menu</p> | Minced Beef & Vegetable Pie | Chicken Nuggets |
| VEGETARIAN | Cheese & Tomato Pizza | Vegetable Chilli Burrito | | Cheese & Onion Pie | Quorn Nuggets |
| STARCHY FOOD | Garlic Slice | Wholegrain Rice | | Baby New Potatoes | Chips |
| VEGETABLE | Sweetcorn | Broccoli | | Vegetable Medley | Baked Beans |
| DESSERT | A selection of home bakes, jelly and fresh fruit available daily. | | | | |
| DAILY SNACK | Jacket Potato with Cheese or Beans | Chicken Burger | Cheese Toastie | Cheese or Ham Sandwich | Fish Finger Wrap |



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|--------------|---|--------------------------|---------------------------------------|------------------------|---------------------------|
| MAIN COURSE | Cheese & Tomato Pasta Bake | Chicken Teriyaki Noodles | Roast Pork with Sage & Onion Stuffing | Beef Lasagne | Salmon Fishcakes |
| VEGETARIAN | Cheese & Tomato Pizza | Sweet & Sour Quorn | Veggie Toad in the Hole | Vegetable Lasagne | Cheese & Onion Pinwheel |
| STARCHY FOOD | Baked Wedges | Wholegrain Rice | Roast Potatoes | Garlic Bread | Chips |
| VEGETABLE | Red Pepper & Sweetcorn | Green Beans | Cauliflower & Batton Carrots | Sweetcorn | Baked Beans or Mushy Peas |
| DESSERT | A selection of home bakes, jelly and fresh fruit available daily. | | | | |
| DAILY SNACK | Jacket Potato with Cheese or Beans | Veg Burger | Cheese Toastie | Cheese or Ham Sandwich | ½ Pizza Panini & Chips |



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