



# A TASTE OF GREAT

# M E N U



WEEK 1

MON

TUES

WED

THU

FRI



CHILLI CON CARNE SERVED with steamed rice (No Allergens)

ROAST CHICKEN with gravy, roast potatoes and broccoli (Ce)

PASTA BOLOGNAISE with garlic bread (G,Mk,So)

CHICKEN CURRY with rice (Mu)

BATTERED POLLOCK with chips & peas (F,G,E,Mk,So)



VEGETARIAN CHILLI CON CARNE with steamed rice (Ce)

VEGETARIAN WELLINGTON with gravy, roast potatoes & broccoli (G,Mk,Ce,E)

VEGETARIAN MINCE BOLOGNAISE with garlic bread (G,Mk,So)

VEGETABLE CURRY with rice (Mu)

CHEESE & ONION QUICHE with chips & peas (G,E,Mk)



DOUBLE CHOCOLATE SPONGE CAKE (G,Mk,E,So)

OATMEAL COOKIE (G,Mk,E)

LEMON & LIME SPONGE CAKE (G,Mk,E)

FLAPJACK SLICE (G,Mk)

BANANA SPONGE CAKE (G,Mk,E)

DATES...

W/C  
7<sup>th</sup> Jan  
21<sup>st</sup> Jan  
4<sup>th</sup> Feb  
25<sup>th</sup> Feb  
4<sup>th</sup> Mar



LOOK OUT FOR...

OUR REGIONAL RECIPE OF THE MONTH!

WHAT'S ON



25<sup>TH</sup> JAN

BURNS NIGHT SCOTLAND

05<sup>TH</sup> FEB

CHINESE NEW YEAR NORTHERN IRELAND

01<sup>ST</sup> MAR

ST DAVID'S DAY WALES

02<sup>ND</sup> APR

WORLD HEALTH DAY NORTH WEST

## ALLERGENS

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



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!



# A TASTE OF GREAT

# MENU



WEEK 2

MON

TUES

WED

THU

FRI



HALAL CHICKEN SAUSAGES with mash & baked beans (G,Mk,Su,So,E)

CAJUN CHICKEN WRAP FAJITA with potato wedges (G,Mk,Mu,So)

BEEF LASAGNE with garlic bread (G,Mk,So)

JERK CHICKEN with rice & peas (No Allergens)

MARGHERITA PIZZA with chips (G,Mk)



VEGETARIAN SAUSAGES with mash & baked beans (G,Mk,Su,So,E)

CAJUN VEGETABLE WRAP FAJITA with potato wedges (G,Mk,Mu,So)

VEGETABLE LASAGNE with garlic bread (G,Mk,So)

JERK CAULIFLOWER STEAK with rice & peas (No Allergens)

MARGHERITA PIZZA with chips (G,Mk)



MARBLE CAKE (G,Mk,E)

JAMAICAN GINGER CAKE (G,Mk,E)

LEMON BLONDIE (G,Mk,E,So)

OATY BOOST BAR (G,Mk,Su)

CHOCOLATE CHIP COOKIE (G,Mk,E,So)

DATES...

W/C 14<sup>th</sup> Jan 28<sup>th</sup> Jan 11<sup>th</sup> Feb 25<sup>th</sup> Feb 11<sup>th</sup> Mar

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