

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS</b>	<b>Macaroni Cheese</b> Warm Bread & Mixed Vegetables (2,7)	<b>Salmon Fish Cakes</b> Herby Potatoes (2,5,7) Sweetcorn	<b>Pork Sausage</b> Yorkshire Pudding (2,4,7), Carrot, Green beans, Roast Potatoes & Gravy	<b>Chicken Nachos</b> With Homemade Tomato Salsa Cheese & Salad (2,7)	<b>Cheese &amp; Tomato Pizza (2,7)</b> Chips and Beans
<b>VEGGIE</b>	<b>Herby Tomato Pasta (2) V</b> Warm Bread & Mixed Vegetables	<b>Cauliflower &amp; Broccoli Cheese (2,7) V</b> Sweetcorn	<b>Quorn Sausage V</b> Yorkshire Pudding (2,4,7), Carrot/ Cauliflower, Roast Potatoes & Gravy	<b>Sweet Pepper Nachos</b> With Tomato Salsa V Cheese & Salad (2,7)	<b>Cheese &amp; Tomato Pizza V (2,7)</b> Chips and Beans
<b>LUNCHBOX</b>	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)
<b>JACKETS</b>	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)
<b>Puds</b> HOT COLD	Coco Marble Cake & Custard (2,7)	Dairy Free Fruit Crunch (2)	Vanilla Ice Cream Tub or Fruit Jelly (7)	Banana cake (2,4,7)	Iced Finger Bun (2)
	Fruit Yoghurt, Alpro Yoghurt or Fresh Fruit	Fruit Yoghurt, Alpro Yoghurt or Fresh Fruit	Fruit Yoghurt, Alpro Yoghurt or Fresh Fruit	Fruit Yoghurt, Alpro Yoghurt or Fresh Fruit	Fruit Yoghurt, Alpro Yoghurt or Fresh Fruit

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 FOODS 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 TEAMS 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 THE SAFFRON ANALYSIS SYSTEM. THANK YOU

Revised Sept 2018

All Meals are served with Seasonal Vegetables, Potatoes or Salad, and include either a choice of Hot/Cold Pudding of the day or Yoghurt. Fresh Fruit subject to availability.



**ALLERGEN KEY**

1 Celery 2 Cereals containing Gluten 3 Crustaceans 4 Eggs 5 Fish 6 Lupin 7 Milk 8 Molluscs 9 Mustard 10 Nuts 11 Peanuts 12 Sesame 13 Soya 14 Sulphur Dioxide

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS</b>	<b>Jacket Potato</b> With Beans or Spaghetti, (2) Ham, Cheese (7) Tuna	<b>Spaghetti Bolognaise</b> (2) Garlic Bread, Mix Vegetables (2)	<b>Roast Chicken</b> Yorkshire Pudding (2,4,7) Carrots, Peas, Roast Potatoes & Gravy (2)	<b>Beef/Chicken Burger</b> (2) Homeade wedges Spaghetti Hoops or Sweetcorn	<b>Southern Chicken Poppers</b> (2) Oven Chips, Baked Beans
<b>VEGGIE</b>	<b>Jacket Potato</b> With Beans or Spaghetti, ham, Cheese (7) Tuna (5)	<b>Spaghetti &amp; Fresh Vegetable Bolognaise</b> Garlic Bread (2) <b>V</b>	<b>Quorn Fillet</b> <b>V</b> Yorkshire Pudding (2,4,7) Carrots, Broccoli, Roast Potatoes & Gravy	<b>Veggie Burger</b> (2) <b>V</b> Homeade wedges Spaghetti Hoops or Sweetcorn	<b>Cheese &amp; Tomato Omelette</b> (4, 7) <b>V</b> Oven Chips and Beans
<b>LUNCHBOX</b>	<b>LunchBox</b> Fresh Roll or Wrap with Chioce of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Chioce of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Chioce of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Chioce of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Chioce of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)
<b>JACKETS</b>	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)
<b>Puds</b> HOT COLD	Vanilla Sponge (2,4,7) with Custard (2,4,7)	Low Fat Baked Dougnut (2)	Vegetarian Strawberry Jelly or Strawberry Mousse (4,7)	Lemon & Ginger Biscuit Dairy Free (2)	Chocolate Krispy Cakes (2)
	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS</b>	<b>Pasta (2) with Cheese (7) or Tomato Sauce</b> Baked Garlic Bread (2,7) and Salad	<b>Chicken Meatballs</b> in a Tomato/Gravy Sauce Wholegrain Rice and Wrap (2)	<b>Roast Ham</b> Yorkshire Pudding (2,4,7), Carrots/Broccoli, Roast Potatoes & Gravy	<b>Mild Bean &amp; Beef Chilli</b> With Cheese & Nachos (2)	<b>Breaded Fish Fingers (2,5)</b> Chips and Peas
<b>VEGGIE</b>	<b>Pasta (2) with Cheese or Tomato Sauce V</b> Baked Garlic Bread (2,7) and Salad	<b>Veggie Meatballs in Tomato Sauce V</b> Wholegrain Rice & Wrap (2)	<b>Stuffed Pepper Half</b> with Rice, Veg and Cheese Top V Yorkshire Pudding (2,4,7) Carrots, Broccoli, Roast Potatoes & Gravy	<b>Mild Tomato &amp; Bean Chilli V</b> With Cheese & Nachos (2)	<b>Coated Vegetable Burger (2) V</b> Chips and Peas
<b>LUNCHBOX</b>	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)
<b>JACKETS</b>	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)	Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)
<b>Puds</b> HOT COLD	Coco Sponge & Chocolate Sauce (2,4,7) Dairy Free Option available	FlapJack (7)	Vanilla Ice (7) Cream Tub or Fruit Jelly	Beetroot & Chocolate Brownie (2,4,7) Dairy Free Option available	Shortbread Finger (2,7)
	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAINS</b>	<b>Chicken Wrap &amp; Noodles</b> (2,4) With BBQ or Mayo Dressing & Salad	<b>Tuna Pasta Bake</b> (2) With french Stick (2) & Sweetcorn	<b>Roast Beef</b> Yorkshire Pudding (2,4,7), Carrots/Cabbage, Roast Potatoes & Gravy	<b>Chicken Korma Curry</b> Pea Rice, Naan Bread (2,7)	<b>Hot dogs</b> (2,13) Oven Chips Beans
<b>VEGGIE</b>	<b>Roast Pepper, Courgette Wrap</b> V BBQ or Mayo Dressing (4) & Salad	<b>Tomato Pasta Bake</b> (2) V With french Stick (2) & Sweetcorn	<b>Cheese &amp; Potato Bake</b> V Yorkshire Pudding (2,4,7), Carrots/Cabbage, Roast Potatoes & Gravy	<b>Sweet Potato Korma Curry</b> Pea Rice, Naan Bread (2)	<b>Quorn Sausage Hot Dog</b> (2,4,7) V Oven Chips Beans
<b>LUNCHBOX</b>	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)	<b>LunchBox</b> Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)
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<b>Puds</b> HOT COLD	Apple Crumble & Custard (7)	Lemon Sponge Drizzle (2,4,7)	Strawberry Mousse (4,7) Or Fruit Jelly	Maple Syrup Scotch Pancake (2,4,7)	Choc Chip Cookie (2,4)
	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit	Fruit Yoghurt, Alpro Yogurt or Fresh Fruit

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