

SEPT 2022
WEEK ONE

MAIN

VEGETARIAN

DELI

TUBS
2 GO

PUDDING

Use the QR Code to get all the Allergy and Nutritional Information or type in a Browser
<https://app.catercloud.com/menu/6C078E4F-91B4-4FCA-A395-E898E1BA1CCC>

MONDAY

SPAGHETTI BOLOGNESE
with Garlic Bread
(1,2a,7,14)

VEGETABLE BOLOGNESE
With Garlic Bread
(1,2a,2c,4,7)

HERBY TOMATO or CHICKEN TIKKA
With Pasta/Rice (2a,7)

STREET FOOD, GRAB & GO, HOT DELI FILLED PANINI, BAGELS & MUFFINS CHOICE DAILY

ICE CREAM POT(7)
Fresh Fruit, Grape Pots Or Jelly



TUESDAY

ROAST TURKEY
With Roast Potatoes, Yorkshire Pudding, Stuffing, Green Beans & Sweetcorn
(2a,4,7)

QUORN FILLET
With New Potatoes, Broccoli, Baby Carrots & Gravy
(1,2a,2c,13)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta/Rice (2a)

CHERRY CRUMBLE & CUSTARD (2a,7)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

CHICKEN KORMA
With Rice, Peas & Naan Bread
(2a,7,13)

QUORN KORMA
With Rice, Peas & Naan Bread
(2a,4,7)

HERBY TOMATO or SWEET CHILLI CHICKEN
With Pasta/Rice (2a)

PINEAPPLE & CHERRY SPONGE (2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

LOADED BEEF CHILLI WEDGES
With Peas/Sweetcorn

LOADED VEG CHILLI WEDGES
With Peas/Sweetcorn

HERBY TOMATO or BEEF CHILLI
With Pasta/ Rice (2a)

VANILLA SPONGE & CUSTARD (2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

FRIDAY

FISH, CHIPS
With Beans/Peas
(2a,5)

FALAFEL SPINACH BURGER, CHIPS
With Beans/Peas
(2a)

HERBY TOMATO or CHEESE
With Pasta (2a,7)

APRICOT SPONGE (2a,4,14)
Fresh Fruit, Grape Pots Or Jelly

ALLERGEN KEY—ANY ALLERGY CONCERNS PLEASE SPEAK TO THE CATERING TEAM

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

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.



SEPT 2022
WEEK TWO

MAIN

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MONDAY

BEEF CHILLI
With Rice, Nacho's & Sweetcorn (14)

VEGETABLE CHILLI
With Rice, Nacho's & Sweetcorn (2c,4)

HERBY TOMATO or CHICKEN KORMA
With Pasta/Rice (2a,7)

ICE CREAM POT(7)
Fresh Fruit, Grape Pots Or Jelly

TUESDAY

TOAD IN THE HOLE
With Mash Potato, Broccoli, Sweetcorn & Gravy (1,2a,2c,4,7,13,14)

VEGGIE TOAD IN THE HOLE
With Mash Potato, Broccoli, Sweetcorn & Gravy (1,2a,2c,4,7,13)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta/Rice (2a)

APPLE CRUMBLE & CUSTARD (2a,7)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

SWEET & SOUR CHICKEN
With Noodles & Prawn Crackers (2a,3,4)

SWEET & SOUR VEGETABLES
With Rice & Prawn Crackers (2a,3,4)

HERBY TOMATO or SWEET & SOUR CHICKEN
With Pasta/Rice (2a)

JAM SPONGE (2a,4)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

BEEF BURGER
With Homemade Wedges & Coleslaw (2a,4,12,13,14)

SPICY BEAN BURGER,
With Homemade Wedges & Coleslaw (2a,4,12)

HERBY TOMATO or BEEF CHILLI
With Pasta/Rice (2a)

CHOCOLATE, DATE SPONGE & CUSTARD (2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

FRIDAY

FISH, CHIPS
With Beans/Peas (2a,5)

CHEESE & ONION PASTY, CHIPS
With Beans/Peas (2a,4)

HERBY TOMATO or CHEESE
With Pasta (2a,7)

CARROT CAKE & CREAM (2a,4,7,13)
Fresh Fruit, Grape Pots Or Jelly

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

STREET FOOD, GRAB & GO, HOT DELI FILLED PANINI, BAGELS & MUFFINS CHOICE DAILY

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WEEK THREE

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MONDAY

CHICKEN MEATBALLS
With Pasta, Garlic Bread & Salad
(2a,4)

VEGAN 'MEAT' BALLS
With Pasta, Garlic Bread & Salad
(2a,4,13)

TUESDAY

BEEF IN GRAVY
With Roast Potatoes, Yorkshire Pudding, Carrots & Cabbage
(1,2a,2c,4,7,13)

CHEESY CAULI & LEAK
With Roast Potatoes, Yorkshire pudding, carrots & Cabbage (1,2a,2c,4,7,9,13)

WEDNESDAY

KATSU CHICKEN CURRY
With Rice & Peas
(2a,13)

VEGETABLE KATSU CURRY
With Rice & Peas
(2a,13)

THURSDAY

PORK SAUSAGES
with Mash Potato, mixed Veg & Gravy
(1,2a,2c,7,13,14)

VEGGIE SAUSAGES
with Mash Potato, mixed Veg & Gravy
(1,2a,2c,4,7,13)

FRIDAY

SALMON FISH CAKE, CHIPS
With Beans/Peas
(2a,5,14)

VEGAN SAUSAGE ROLL, CHIPS
With Beans/Peas
(2a,2c,13)

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

HERBY TOMATO or PIRI PIRI CHICKEN
With Pasta/Rice (2a)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta/Rice (2a)

HERBY TOMATO or BBQ CHICKEN
With Pasta/Rice
(1,2a,2c,13)

HERBY TOMATO or BEEF CHILLI
With Pasta/Rice (2a)

HERBY TOMATO or CHEESE
With Pasta (2a,7)

STREET FOOD, GRAB & GO, HOT DELI FILLED PANINI, BAGELS & MUFFINS CHOICE DAILY

ICE CREAM POT(7)
Fresh Fruit, Grape Pots Or Jelly

MIXED FRUIT & APPLE CRUMBLE & CUSTARD (2a,7)
Fresh Fruit, Grape Pots Or Jelly

LEMON DRIZZLE SPONGE (2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

STRAWBERRY PIE with CUSTARD (2a,7)
Fresh Fruit, Grape Pots Or Jelly

COCONUT & JAM SPONGE (2a,4,7,13)
Fresh Fruit, Grape Pots Or Jelly



ALLERGEN KEY—ANY ALLERGY CONCERNS PLEASE SPEAK TO THE CATERING TEAM



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SEPT 2022
WEEK FOUR

MAIN

VEGETARIAN

DELI

TUBS
2 GO

PUDDING

MONDAY

CHICKEN & BACON
TAGLIATELLE
With Garlic Bread & Salad
(2a,7)

ROASTED RED PEPPER
TAGLIATELLE
With Garlic Bread & Salad
(2a,7)

HERBY TOMATO or
CHICKEN TIKKA
With Pasta/Rice (2a,7)

ICE CREAM POT (7)
Fresh Fruit, Grape Pots Or Jelly

TUESDAY

ROAST CHICKEN
With New Potatoes,
Yorkshire Pudding,
Brussels, carrots & Gravy
(1,2a,2c,4,7,13)

CAULIFLOWER CHEESE
With New Potatoes,
Yorkshire Pudding,
Brussels, carrots & Gravy
(1,2a,2c,7,13)

HERBY TOMATO or
BEEF BOLOGNESE
With Pasta/Rice (2a)

CHERRY CRUMBLE &
CUSTARD (2a,4)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

BEEF IN BLACK BEAN
SAUCE
With Rice/Noodles &
Prawn
Crackers

VEGETABLES IN
BLACK BEAN SAUCE
With Rice/Noodles &
Prawn Crackers
(2a,3,12,13)

HERBY TOMATO or
SWEET CHILLI
CHICKEN
With Pasta/Rice (2a)

PINEAPPLE & CHERRY
SPONGE (2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

HOT DOG IN A BUN
With Homemade Wedges,
Peas & Sweetcorn
(2a)

MEATLESS HOT DOG
With Homemade Wedges,
Peas & Sweetcorn
(2a,14)

HERBY TOMATO or
BEEF CHILLI
With Pasta/Rice (2a)

VANILLA SPONGE &
CUSTARD (2a,4,7)
Fresh Fruit, Grape Pots Or
Jelly

FRIDAY

FISH, CHIPS
With beans/peas
(2a,5)

VEGETARIAN CHILLI.
CHIPS
With beans/peas

HERBY TOMATO or
CHEESE
With Pasta (2a,7)

APRICOT SPONGE
(2a,4,14)
Fresh Fruit, Grape Pots Or Jelly

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

STREET FOOD, GRAB & GO, HOT DELI FILLED PANINI, BAGELS & MUFFINS CHOICE DAILY

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SEPT 2022
WEEK FIVE

MAIN

VEGETARIAN

DELI

TUBS
2 GO

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MONDAY

BEEF LASAGNE
with Salad & Coleslaw
(1,2a,4,7,9,13)

VEGETABLE LASAGNE
With Salad & Coleslaw
(1,2a,4,7,9,13)

HERBY TOMATO or
CHICKEN KORMA
With Pasta/Rice (2a,7)

ICE CREAM POT(7)
Fresh Fruit, Grape Pots Or Jelly

TUESDAY

SLICED ROAST PORK
With Mash Potato,
cabbage, Cauliflower &
Gravy (1,2a,2c,7,13)

QUORN SAUSAGES
With Mash Potato,
cabbage, Cauliflower &
Gravy (1,2a,2c,4,7,13)

HERBY TOMATO or
BEEF BOLOGNESE
With Pasta/Rice (2a)

APPLE CRUMBLE &
CUSTARD (2a,7)
Fresh Fruit, Grape Pots Or Jelly

WEDNESDAY

JAMAICAN JERK
CHICKEN
With Rice'n'Peas &
Coleslaw (4)

JERK SEASONED
VEGAN FILLET
With Rice'n'Peas &
Salad (2a)

HERBY TOMATO or
SWEET & SOUR
CHICKEN
With Pasta/Rice (2a)

JAM SPONGE (2a,4)
Fresh Fruit, Grape Pots Or Jelly

THURSDAY

COTTAGE PIE
With Peas & Baby
Carrots
(2a,2c,7,13)

QUORN COTTAGE PIE
With Peas & Baby
Carrots
(2a,2c,4,7,13)

HERBY TOMATO or
BEEF CHILLI
With Pasta/Rice (2a)

CHOCOLATE, DATE
SPONGE & CUSTARD
(2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

FRIDAY

FISH, CHIPS
With Beans/Peas
(2a,5)

VEGETABLE BURGER,
CHIPS
With Beans/Peas
(2a)

HERBY TOMATO or
CHEESE
With Pasta (2a,7)

CARROT CAKE &
CREAM (2a,4,7,13)
Fresh Fruit, Grape Pots Or
Jelly

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

STREET FOOD, GRAB & GO, HOT DELI FILLED PANINI, BAGELS & MUFFINS CHOICE DAILY

ALLERGEN KEY—ANY ALLERGY CONCERNS PLEASE SPEAK WITH THE CATERING TEAM

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SEPT 2022
WEEK SIX

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DELI

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2 GO

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MONDAY

BEEF ENCHILADA'S
With Baby Corn & Peas
(1,2a,7)

VEGETABLE ENCHILADA'S
With Baby Corn & Peas
(1,2a,2c,4,7,)

TUESDAY

GAMMON HAM
With New Potatoes, Peas,
Cauliflower & gravy
(1,2a,2c,13)

STUFFED SWEET POTATO
With New Potatoes, Peas,
Cauliflower & gravy
(1,2a,2c,7,13)

WEDNESDAY

CHICKEN TIKKA MASALA
With Rice, Peas &
Sweetcorn & Naan Bread
(2a,7)

VEGETABLE TIKKA MASALA
With Rice, Peas &
Sweetcorn & Naan Bread
(2a,9)

THURSDAY

PIRI PIRI SEASONED CHICKEN FILLET
With Homemade Wedges & Salad

CAULI CHEDDAR BURGER
With Homemade Wedges & Salad (2a,7,9)

FRIDAY

SALMON FISH CAKE, CHIPS
With Beans/Peas
(2a,5,14)

VEGAN CORNISH PASTY. CHIPS
With Beans/Peas
(2a,2c,13)

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

HERBY TOMATO or PIRI PIRI CHICKEN
With Pasta/Rice (2a)

HERBY TOMATO or BEEF BOLOGNESE
With Pasta/Rice (2a)

HERBY TOMATO or BBQ CHICKEN
With Pasta/Rice
(1,2a,2c,13)

HERBY TOMATO or BEEF CHILLI
With Pasta/ Rice (2a)

HERBY TOMATO or CHEESE
With Pasta (2a)

STREET FOOD, GRAB & GO, HOT DELI FILLED PANINI, BAGELS & MUFFINS CHOICE DAILY

ICE CREAM POT(7)
Fresh Fruit, Grape Pots Or Jelly

MIXED FRUIT & APPLE CRUMBLE & CUSTARD
(2a,7)
Fresh Fruit, Grape Pots Or Jelly

LEMON DRIZZLE SPONGE (2a,4,7)
Fresh Fruit, Grape Pots Or Jelly

STRAWBERRY PIE & CUSTARD (2a,7)
Fresh Fruit, Grape Pots Or Jelly

COCONUT & JAM SPONGE (2a,4,7,13)
Fresh Fruit, Grape Pots Or Jelly

ALLERGEN KEY -ANY ALLERGY CONCERNS PLEASE SPEAK TO THE CATERING



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