



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

MAINS

Macaroni Cheese
Warm Bread & Mixed Vegetables (2,7)

Cheese & Tomato Pizza
(2,7) Beans

Pork Sausage
Yorkshire Pudding (2,4,7), Carrot, Green beans, Roast Potatoes & Gravy

Chicken Nachos
With Homemade Tomato Salsa Cheese & Salad (2,7)

Breaded Fish Fingers or Salmon Fingers (2,5)
Chips and Peas/Beans

VEGGIE

Herby Tomato Pasta (2)
V Warm Bread & Mixed Vegetables

Cheese & Tomato Pizza
V (2,7) Chips and Beans

Quorn Sausage V
Yorkshire Pudding (2,4,7), Carrot/ Cauliflower, Roast Potatoes & Gravy

Sweet Pepper Nachos
With Tomato Salsa V Cheese & Salad (2,7)

Coated Vegetable Burger (2) V
Chips and Peas/Beans

LUNCHBOX

LunchBox
Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese or Ham (2,5,7)

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JACKETS

Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)

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Puds

Marble Cake & Custard (2,7)

Dairy Free Coco Crunch (2)

Vanilla Ice Cream Tub or Fruit Jelly (7)

Pancake with sauces (2,4,7)

Iced Finger Bun (2)

Fruit Yoghurt, Alpro Yogurt or

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

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 2019

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