



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK TWO

MAINS

|   |   |   |  |  |
|---|---|---|--|--|
| <p><b>Jacket Potato</b><br/>With Beans or Spaghetti, (2) Ham, Cheese (7) Tuna</p> | <p><b>Spaghetti Bolognaise</b> (2)<br/>Garlic Bread, Mix Vegetables (2)</p> | <p><b>Roast Chicken</b><br/>Yorkshire Pudding (2,4,7) Carrots, Peas, Cauli/Broccoli Cheese Bake, Roast Potatoes &amp; Gravy (2)</p> | <p><b>Chicken Korma Curry</b><br/>Rice, Naan Bread (2,7)</p> | <p><b>Southern Chicken Poppers</b> (2)<br/>Oven Chips, Baked Beans</p> |
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VEGGIE

|   |  |   |  |   |
|---|--|---|--|---|
| <p><b>Jacket Potato</b><br/>With Beans or Spaghetti, Cheese (7)</p> | <p><b>Spaghetti &amp; Fresh Vegetable Bolognaise</b><br/>Garlic Bread (2) <b>V</b></p> | <p><b>Quorn Fillet <b>V</b></b><br/>Yorkshire Pudding (2,4,7) Carrots, Cauli/Broccoli Cheese Bake, Roast Potatoes &amp; Gravy</p> | <p><b>Sweet Potato &amp; Veg Korma Curry</b><br/>Rice, Naan Bread (2) <b>V</b></p> | <p><b>Cheese &amp; Tomato Omelette</b> (4, 7) <b>V</b><br/>Oven Chips and Beans</p> |
|---|--|---|--|---|

LUNCHBOX

|  |  |  |  |  |
|--|--|--|--|--|
| <p><b>LunchBox</b><br/>Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p><b>LunchBox</b><br/>Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p><b>LunchBox</b><br/>Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p><b>LunchBox</b><br/>Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p><b>LunchBox</b><br/>Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7)</p> |
|--|--|--|--|--|

JACKETS

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|--|--|--|--|--|
| <p>Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p>Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p>Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p>Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)</p> | <p>Jacket Potato with Various Filling - Tuna, Cheese, Ham or Chicken (2,5,7)</p> |
|--|--|--|--|--|

Puds

|  |                                       |                                       |  |                                       |
|--|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <p>Vanilla Sponge (2,4,7) with Custard (2,4,7)</p> | <p>Butterbean Blondie (2)</p>         | <p>Vegetarian Strawberry Jelly</p>    | <p>Lemon &amp; Ginger Biscuit Dairy Free (2)</p> | <p>Chocolate Mousse Cake (2,4,7)</p>  |
| <p>Fruit Yoghurt, Alpro Yogurt or</p>              | <p>Fruit Yoghurt, Alpro Yogurt or</p> | <p>Fruit Yoghurt, Alpro Yogurt or</p> | <p>Fruit Yoghurt, Alpro Yogurt or</p>            | <p>Fruit Yoghurt, Alpro Yogurt or</p> |
| <p>Fresh Fruit</p>                                 | <p>Fresh Fruit</p>                    | <p>Fresh Fruit</p>                    | <p>Fresh Fruit</p>                               | <p>Fresh Fruit</p>                    |

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