



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK THREE

MAINS

Pasta (2) with Cheese or Tomato Sauce V
Baked Garlic Bread (2,7) and Salad

Chicken Meatballs
in a Tomato/Gravy Sauce
Basmati Rice and Wrap (2)

Roast Ham
Yorkshire Pudding (2,4,7),
Carrots/Broccoli, Roast Potatoes & Gravy

Beef Cottage Pie
With Vegetable (2)

Breaded Fish Fingers (2,5)
Chips and Peas

VEGGIE

Pasta (2) with Cheese or Tomato Sauce V
Baked Garlic Bread (2,7) and Salad

Veggie Meatballs in Tomato Sauce V
Basmati Rice & Wrap (2)

Stuffed Jacket Half
with Veg and Cheese Top V
Yorkshire Pudding (2,4,7) Carrots,
Broccoli, Roast Potatoes & Gravy

Quorn Cottage Pie V
With Vegetables (2)

Coated Vegetable Burger (2) V
Chips and Peas

LUNCHBOX

LunchBox
Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (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

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

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Fresh Fruit

Fresh Fruit

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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