



WEEK FOUR

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|--|--|--|
| MAINS | Chicken Wrap Dressings (4) & Salad | Tuna Pasta Bake (2) With french Stick (2) & Sweetcorn | Roast Beef Yorkshire Pudding (2,4,7), Carrots/Cabbage, Cauli/Broccoli Cheese Bake, Roast Potatoes & Gravy | Chicken Korma Curry Rice, Naan Bread (2,7) | Hot dogs (2,13) Oven Chips Beans |
| VEGGIE | Roast Pepper, Courgette Wrap V Dressings (4) & Salad | Tomato Pasta Bake (2) V With french Stick (2) & Sweetcorn | Tomato & Cheese Tart Yorkshire Pudding (2,4,7), Carrots/Cabbage, Roast Potatoes & Gravy V | Sweet Potato Korma Curry Rice, Naan Bread (2) V | Quorn Sausage Hot Dog (2,4,7) V Oven Chips & Beans |
| LUNCHBOX | LunchBox Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7) | LunchBox Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7) | LunchBox Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7) | LunchBox Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7) | LunchBox Fresh Roll or Wrap with Choice of Fillings - Tuna, Cheese, Ham or Chicken (2,5,7) |
| JACKETS | 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) |
| Puds | Fruit Muffin & Custard (7) Dairy Free Options Available | Fruit Cheesecake (2,4,7) Dairy free options available | Vegetarian Strawberry Jelly or (Jelly Fluff) | Lemon Polenta Cake (4) | Choc Chip Cookie (2,4) Dairy Free Options Available |
| | Fruit Yoghurt, Alpro Yogurt or | Fruit Yoghurt, Alpro Yogurt or | Fruit Yoghurt, Alpro Yogurt or | Fruit Yoghurt, Alpro Yogurt or | 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