

SEPT 24  
WEEK 1

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN**

**CHILLI DOG**  
Corn Cob

**(2A,10,12)**

**CHICKEN TIKKA**  
Rice & Naan Bread

**(2A,7)**

**GAMMON & EGG**  
Crushed New Pots & Peas

**(4,7)**

**CHICKEN & SPINACH**  
**CREAMY PASTA BAKE**  
Salad

**(2A,7,9,13)**

**FISH, CHIPS**  
Beans/Peas

**(2A,5)**

**VEGETARIAN**

**QUORN CHILLI DOG**  
Corn Cob

**(2A,2C,4,12,13,14)**

**VEGETABLE TIKKA**  
Rice, Peas & Naan Bread

**(2A,9)**

**QUORN FILLET & EGG**  
New Potatoes & Peas

**(2A,4,7)**

**BAKED FETA PASTA**  
Salad

**(2A,7,9,13)**

**FALAFEL SPINACH**  
**BURGER, CHIPS**  
Beans/Peas  
**(2A,4,12)**

**DELI**

**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)**

**TUBS**  
**2 GO**

**HERBY TOMATO or**  
**CHICKEN KORMA (7)**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or**  
**BEEF BOLOGNESE**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or**  
**CHICKEN TIKKA (7)**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or**  
**BEEF CHILLI**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or**  
**CHEESE (7)**  
With Pasta (2A)

**PUDDING**

**ICE CREAM POT**  
**(7)**

Fresh Fruit, Grape Pots Or Jelly

**CARROT CAKE**  
**(2A,4,7,13)**

Fresh Fruit, Grape Pots Or Jelly

**APPLE TURNOVER**  
**(2A,7)**

Fresh Fruit, Grape Pots Or Jelly

**VANILLA SPONGE &**  
**CUSTARD**  
**(2A,4,7)**

Fresh Fruit, Grape Pots Or Jelly

**ZESTY ORANGE ICED**  
**CAKE**  
**(2A,4,7,13)**

Fresh Fruit, Grape Pots Or Jelly

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**ANY ALLERGY CONCERNS PLEASE SPEAK TO THE CATERING TEAM**  
**ALLERGIES HIGHLIGHTED IN RED "CONTAINS" THE ALLERGY BLACK "MAY CONTAIN"**

**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 24  
WEEK 2

**MAIN**

**VEGETARIAN**

**DELI** →

**TUBS  
2 GO**

**PUDDING**

**MONDAY**

**BACON & CHEESE QUICHE**  
Crushed New Potatoes & Salad  
**(2A,4,7)**

**CHEESE & BROCOLLI QUICHE**  
Crushed New Potatoes & Salad  
**(2A,4,7)**

**TUESDAY**

**AFTERNOON BRUNCH**  
Beans or Peas  
**(2A,4,7,14)**

**AFTERNOON BRUNCH**  
Beans or Peas  
**(2A,4,7,13,14)**

**WEDNESDAY**

**JACKET POTATO**  
Tuna, cheese & Salad  
**(4,5,7)**

**JACKET POTATO**  
Beans, cheese & Salad  
**(7)**

**THURSDAY**

**CHICKEN KORMA**  
Rice & Naan Bread  
**(2A,7)**

**QUORN KORMA**  
Rice & Naan Bread  
**(2A,4,7)**

**FRIDAY**

**FISH, CHIPS**  
With Beans/Peas  
**(2A,5)**

**CHEESE & ONION PASTY, CHIPS**  
With Beans/Peas  
**(2A,7)**

**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 CHICKEN TIKKA (7)**  
With Pasta **(2A)**  
or Rice

**HERBY TOMATO or BEEF BOLOGNESE**  
With Pasta **(2A)**  
or Rice

**HERBY TOMATO or CHICKEN KORMA (7)**  
With Pasta **(2A)**  
or Rice

**HERBY TOMATO or BEEF CHILLI**  
With Pasta **(2A)**  
or Rice

**HERBY TOMATO or CHEESE (7)**  
With Pasta **(2A)**

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

**APPLE & PEAR CRUMBLE & CUSTARD (2A,7)**  
Fresh Fruit, Grape Pots Or Jelly

**JAM & COCONUT SPONGE (2A,4,7,13,14)**  
Fresh Fruit, Grape Pots Or Jelly

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

**FLAP JACK (2A,2C,2D)**  
Fresh Fruit, Grape Pots Or Jelly

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SEPT 24  
WEEK 3

**MAIN**

**VEGETARIAN**

**DELI**

**TUBS  
2 GO**

**PUDDING**

**MONDAY**

**BBQ CHICKEN & BACON LOADED WEDGES**  
Peas & Sweetcorn  
**(1, 2A, 2C, 13)**

**LOADED BBQ CHUNKY VEG WEDGES**  
With Peas/Sweetcorn  
**(1, 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 CHICKEN TIKKA (7)**  
With Pasta (2A)  
or Rice

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

**TUESDAY**

**COTTAGE PIE**  
With Peas  
**(2A, 2C, 7, 13)**

**QUORN COTTAGE PIE**  
With Peas  
**(2A, 2C, 4, 7, 13)**

**HERBY TOMATO or BEEF BOLOGNESE**  
With Pasta (2A)  
or Rice

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

**WEDNESDAY**

**CHICKEN MEATBALLS**  
Spaghetti & Garlic Bread  
**(1, 2A, 2C, 2D, 4, 7, 9, 11, 13, 14)**

**MEATLESS MEAT-BALLS**  
Spaghetti, Garlic Bread & Salad  
**(2A, 4, 13)**

**HERBY TOMATO or CHICKEN KORMA (7)**  
With Pasta (2A)  
or Rice

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

**THURSDAY**

**GIANT FILLED BEEF YORKY**  
Mash Potatoes, Cauliflower & Gravy  
**(2A, 2C, 4, 7, 13)**

**GIANT FILLED YORKY**  
Veggie Sausage, Roast Potatoes, Cauliflower & Gravy  
**(2A, 2C, 4, 7, 13, 14)**

**HERBY TOMATO or BEEF CHILLI**  
With Pasta (2A)  
or Rice

**APPLE & STRAWBERRY PIE, CUSTARD (2A, 7)**  
Fresh Fruit, Grape Pots Or Jelly

**FRIDAY**

**SALMON FISH CAKE, CHIPS**  
With Beans/Peas  
**(2A, 5)**

**VEGAN SAUSAGE ROLL, CHIPS**  
With Beans/Peas  
**(2A, 2C, 7, 13)**

**HERBY TOMATO or CHEESE (7)**  
With Pasta (2A)

**MIXED FRUIT MUFFIN (2A, 4, 7, 13, 14)**  
Fresh Fruit, Grape Pots Or Jelly

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SEPT 24  
WEEK 4

**MAIN**

**VEGETARIAN**

**DELI**

**TUBS  
2 GO**

**PUDDING**

**MONDAY**

**BEEF STEW**  
Mash Potato  
  
**(2A,2C,7,13)**

**VEGETABLE STEW**  
Mash Potato  
  
**(2A,2C,7,13)**

**TUESDAY**

**MAC 'N' CHEESEY CHICKEN**  
Salad  
  
**(1,2A,4,7,9,13)**

**MAC 'N' CHEESY CAULIFLOWER**  
Salad  
  
**(2A,7,9)**

**WEDNESDAY**

**TOAD IN THE HOLE**  
Roast Potato, Broccoli & Gravy  
  
**(2A,2B,4,7,13,14)**

**VEGGIE TOAD IN THE HOLE**  
Roast Potato, Broccoli & Gravy  
  
**(2A,2C,4,7,13)**

**THURSDAY**

**SPAGHETTI BOLOGNESE**  
Cheesy Garlic Bread  
  
**(1,2A,7,13)**

**QUORN BOLOGNESE**  
Cheesy Garlic Bread Salad  
  
**(2A,2C,4,7,13)**

**FRIDAY**

**FISH, CHIPS**  
With beans/peas  
  
**(2A,5)**

**VEGETARIAN CHILLI. CHIPS**  
With beans/peas

**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 CHICKEN TIKKA (7)**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or BEEF BOLOGNESE**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or CHICKEN KORMA (7)**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or BEEF CHILLI**  
With Pasta (2A)  
or Rice

**HERBY TOMATO or CHEESE (7)**  
With Pasta (2A)

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

**CARROT CAKE (2A,4,7,13)**  
Fresh Fruit, Grape Pots Or Jelly

**APPLE TURNOVER (2A,7)**  
Fresh Fruit, Grape Pots Or Jelly

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

**ZESTY ORANGE ICED CAKE (2A,4,7,13)**  
Fresh Fruit, Grape Pots Or Jelly

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SEPT 24  
WEEK 5

**MAIN**

**VEGETARIAN**

**DELI**

**TUBS  
2 GO**

**PUDDING**

**MONDAY**

**KATSU CHICKEN CURRY**  
Rice & Peas  
  
**(2A,13)**

**KATSU VEGETABLE CURRY**  
Rice & Peas  
  
**(2A,13)**

**TUESDAY**

**PORK SAUSAGES**  
Mash Potato cabbage & Gravy  
  
**(2A,2C,7,13,14)**

**VEGGIE SAUSAGES**  
Mash Potato, mixed Veg & Gravy  
  
**(2A,2C,7,13)**

**WEDNESDAY**

**ROAST CHICKEN**  
Roast Potatoes, green beans, carrots, yorky & Gravy  
  
**(1,2A,2C,4,7,13)**

**CAULIFLOWER CHEESE**  
Roast Potatoes, green beans, carrots, yorky  
**(1,2A,2C,4,7,9,13)**

**THURSDAY**

**BEEF LASAGNE**  
Salad  
  
**(1,2A,4,7,9,13)**

**VEGETABLE LASAGNE**  
Salad  
  
**(1,2A,4,7,9,13)**

**FRIDAY**

**FISH, CHIPS**  
Beans/Peas  
  
**(2A,5)**

**VEGETABLE BURGER, CHIPS**  
Beans/Peas  
  
**(2A)**

**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 CHICKEN TIKKA (7)**  
With Pasta (2A) or Rice

**HERBY TOMATO or BEEF BOLOGNESE**  
With Pasta (2A) or Rice

**HERBY TOMATO or CHICKEN KORMA (7)**  
With Pasta (2A) or Rice

**HERBY TOMATO or BEEF CHILLI**  
With Pasta (2A) or Rice

**HERBY TOMATO or CHEESE (7)**  
With Pasta (2A)

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

**APPLE & PEAR CRUMBLE & CUSTARD (2A,7)**  
Fresh Fruit, Grape Pots Or Jelly

**JAM & COCONUT SPONGE (2A,4,7,13,14)**  
Fresh Fruit, Grape Pots Or Jelly

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

**FLAP JACK (2A,2C,2D)**  
Fresh Fruit, Grape Pots Or Jelly

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SEPT 24  
WEEK 6

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN**

**CHILLI BEEF BOAT**  
Rice & Salad  
  
**(2A)**

**CHICKEN BALTI**  
Rice, Peas & Naan Bread  
  
**(2A,7,9)**

**BEEF BURGER**  
Homemade Wedges & Coleslaw  
  
**(2A,4,12,13,14)**

**CAJUN CHICKEN PASTA BAKE**  
Salad  
  
**(1,2A,7,9,13)**

**SALMON FISH CAKE, CHIPS**  
Beans/Peas  
  
**(2A,5)**

**VEGETARIAN**

**VEGGIE CHILLI BOAT**  
Rice & Salad

**QUORN BALTI**  
Rice, Peas & Naan Brad  
  
**(2A,4,7,9)**

**CAULI CHEDDAR BURGER**  
Homemade Wedges & Coleslaw  
  
**(2A,7,9,10,11)**

**CAJUN SPICED VEG PASTA BAKE**  
Salad  
  
**(1,2A,4,7,9,13)**

**VEGAN FISHLESS FINGERS. CHIPS**  
Beans/Peas  
  
**(2A)**

**DELI**

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)

**TUBS 2 GO**

**HERBY TOMATO or CHICKEN TIKKA (7)**  
With Pasta (2A) or Rice

**HERBY TOMATO or BEEF BOLOGNESE**  
With Pasta (2A) or Rice

**HERBY TOMATO or CHICKEN KORMA (7)**  
With Pasta (2A) or Rice

**HERBY TOMATO or BEEF CHILLI**  
With Pasta (2A) or Rice

**HERBY TOMATO or CHEESE (7)**  
With Pasta (2A)

**PUDDING**

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

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

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

**APPLE & STRAWBERRY PIE & CUSTARD**  
**(2A,7)**  
Fresh Fruit, Grape Pots Or Jelly

**MIXED FRUIT MUFFIN**  
**(2A,4,7,13,14)**  
Fresh Fruit, Grape Pots Or Jelly

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