

HUB MENU



Oct 2023–24

23/10, 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04, 29/04, 20/05, 10/06, 01/07, 22/07, 12/08, 02/09, 23/09

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Tastes	Golden breaded Fish with Chunky Chips & Garden Peas (F) (F)(G)	Freshly made Sausage Roll served with Mashed Potato & Baked Beans (P) (G)(SU)	Beef Lasagne served with Garlic Bread (B) (G)(M)	Chicken & Gravy served with Yorkshire Pudding, New Potatoes & fresh Carrots (CH) (G)(E)	Chickpea & Sweet Potato Curry served with Wild Rice & Spinach (V) (S)

30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, 08/07, 29/07, 19/08, 09/09, 30/09

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Tastes	Tikka Chicken Warm Wrap served with Mixed Sald (CH) (G)	Roast Vegetables & Quorn Fajitas with Salsa & Salad (V) (M)(E)	Traditional Steak Pie served with Baby Boils & sliced Carrots (B) (G)	Chicken Curry served with Wild Rice & Garden Peas (CH)	Salmon Goujons with Pitta, Shredded Lettuce & Mayonnaise (F) (F)(G) • (E)

06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 03/06, 24/06, 15/07, 05/08, 26/08, 16/09, 07/10

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Tastes	Golden breaded Fish served with Diced Potatoes & Garden Peas (F) (F)(G)	Singapore Noodles with Spiced Quorn & Oriental Vegetables (V) (E)	Nut free Chicken Satay served with Wild Rice & Sliced Peppers (CH)	Mince Pie served with New Potatoes & fresh Seasonal Vegetables (B) (G)	Katsu Chicken Curry served with Savoury Rice (CH) (S)(G)

Smarter choice for a healthier mind



PRODUCTS: VEGETARIAN (V) • CHICKEN (CH) • BEEF (B) • FISH (F) • TURKEY (T).

ALLERGIES: GLUTEN (G) • CELERY (C) • CRUSTACEANS (CR) • EGG (E) • FISH (F) • LUPIN (L) • MILK (M) • MOLLUSCS (MO) • MUSTARD (MU) • NUTS (N) • PEANUTS (PN) • SESAME (SE) • SOYA (S) • SULPHITES (SU).

