



M E N U

WEEK ONE

MONDAY

Slow Cooked Pepperpot Beef
Mac 'n' Cheese with Chicken (G, D)
Marinara Sauce
Pasta (G) Carrots, Peas
Whole Fresh Fruit or Yoghurt (D)
Blackcurrant Jelly

TUESDAY

Crispy Katsu Chicken Bites (G, E),
Crispy Vegetable Spring Rolls (G, Se)
Steamed Fluffy Rice, Sweetcorn, Peas
Whole Fresh Fruit or Yoghurt (D) or Oatie
Shortbread (G)

WEDNESDAY

Pulled Pork
Sticky BBQ Glazed Chicken
Roast Vegetable & Mozzarella Traybake (D)
Mashed Potato, Baked Beans, Sweetcorn
Whole Fresh Fruit or Yoghurt (D) or
Carrot cake (G, E)

THURSDAY

Slow Braised Steak
Roast Chicken, Gravy
Cheesy Quiche (G, E, D)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit or Yoghurt (D) or
Chocolate Fudge Brownie (G, E)

FRIDAY

Buchan Crispy Battered Cod (F, G),
Tartar Sauce (E)
Nacho Chicken (G, D)
Baked Nacho Sweet Potato Steak (G, D)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit or Yoghurt (D) or
Strawberry Cheesecake Pot (G, D)

WEEK TWO

MONDAY

Bolognese Sauce (C)
Mac 'n' Cheese (G, D)
Tomato and Fresh Basil Sauce
Pasta (G), Sweetcorn, Carrots
Whole Fresh Fruit or Yoghurt (D)
or Strawberry Jelly

TUESDAY

Mild Chicken curry (D)
Sweet Chilli Beef (S, SE)
Crispy Vegetable Pakora
Steamed Fluffy Rice, Carrots & Garden Peas
Whole Fresh Fruit or Yoghurt (D) or Double
Chocolate Cookies (G, E, D)

WEDNESDAY

Buffalo Chicken Bake (G, D)
Grilled Manx Sausages (G)
Vegetable & Bean Enchilada Bake (G, D)
Oven Baked Potato Wedges, Baked Beans, Sweetcorn
Whole Fresh Fruit or Yoghurt (D)
or Banana Cake (G, E)

THURSDAY

Roast loin of Pork, Gravy
Chicken Puff Pie (G, D)
Baked Frittata of the Day (E, D)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit or Yoghurt (D)
or Jazzy Fruit Salad

FRIDAY

Buchan Crispy Cod Bites (F, G, E),
Tartar Sauce (E)
Slow Cooked Beef Brisket
Vegetable Samosa Puff (G, E)
Chipped Potatoes, Garden Peas, Baked Beans
Whole Fresh Fruit or Yoghurt (D)
or The Buchan Trifle (G, D, E)

WEEK THREE

MONDAY

Meatball Traybake (G)
Mac 'n' Cheese with Crispy Bacon (G, D)
Veggie Bolognese
Pasta (G), Sweetcorn, Carrots
Whole Fresh Fruit or Yoghurt (D)
or Orange Jelly

TUESDAY

Peri- Peri Chicken
BBQ Boneless Pork Ribs
Peri- Peri Quorn and Potato Traybake (G)
Teeny Tiny Taters, Baked Beans & Peas
Whole Fresh Fruit or Yoghurt (D) or
The Buchan Manx Butter Shortbread (G, D)

WEDNESDAY

Crispy Chicken (G, E), Tonkatsu Sauce (G, S)
Vegetable Quesadilla (G, D)
Steamed fluffy Rice, Garden Peas & Sweetcorn
Whole Fresh Fruit or Yoghurt (D)
or Apple Crumble Slice (G)

THURSDAY

Manx Pork Sausages (G)
Roast Lemon & Thyme Chicken
Cheese, Potato & Onion Puff Slice (G, E, D)
Crispy Roast Potatoes, Seasonal Vegetables
Whole Fresh Fruit or Yoghurt (D)
or Manx Ice Cream (D)

FRIDAY

Buchan Crispy Breaded Cod (F, E, G),
Tartar Sauce (E)
Homemade Wholemeal Pizza Selection (G, D)
Chipped Potatoes, Sweetcorn, Baked Beans
Whole Fresh Fruit or Yoghurt (D) or Silky
Chocolate Mousse (D)

C=Celery, G=Gluten, E=Egg, D=Dairy, F=Fish, M=Mustard, S=Soya, Se=Sesame

