WEEKLY MENU

WEEK 1

Week Commencing: 20 April 2026, 11 May 2026, 08 June 2026 & 29 July 2026

Fuel AT FORTY THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Tomato and Basil Homemade bread Seeds & toppings (G, mc So)	Carrot and Orange Homemade bread Seeds & toppings (G, mc So)	Pea and Mint Homemade bread Seeds & toppings (G, mc So)	Courgette and Thyme Homemade bread Seeds & toppings (G, mc So)	Lentil and Vegetable Homemade bread Seeds & toppings (G, mc So)
MAINS	Chipotle Beef Chilli Guacamole, Sour Cream, Grated Cheese	Turkey and Mushroom Pie	Cumberland Sausages Onion Gravy	Chicken and Coconut Curry	Queens College Pizza Friday Pepperoni / Tuna and Olive
PASTA & JACKET	Classic Pomodoro Tuna Mayo Cheddar Cheese Baked Beans	Classic Pomodoro Tuna Mayo Cheddar Cheese Baked Beans	Beef Chilli Classic Pomodoro Cheddar Cheese Baked Beans	Classic Pomodoro Tuna Mayo Cheddar Cheese Baked Beans	Classic Pomodoro Tuna Mayo Cheddar Cheese Baked Beans
PLANT BASED	Sweet Potato and Black Bean Chilli Guacamole, Sour Cream, Grated Cheese	Spring Vegetable and Lentil Pie	Sausage Hot Pot	Mushroom and Chickpea Curry	Queens College Pizza Friday Classic Margarita
SIDES	Green Rice Roasted Corn Nachos Ceasar Salad	Minted New Potatoes Green Beans Roasted Broccoli	Baked Jacket Wedges Carrots and Peas Sauté Garlic Cabbage	Coriander Rice Mango chutney, Raita, Onion Salad Pappadums	Seasoned fries Chunky slaw Baked beans
DESSERT OF THE DAY	Chocolate Beetroot Brownie Selection of yoghurts, jellies, fruit pots	Berry Fool Selection of yoghurts, jellies, fruit pots	Apple and Sultana Roulade Selection of yoghurts, jellies, fruit pots	Cappuccino Mousse Pots Selection of yoghurts, jellies, fruit pots	Coconut and Jam Cake Selection of yoghurts, jellies, fruit pots

FOOD ALLERGY AWARENESS

For allergen & nutritional information, please speak to a member of the team.

Crustaceans · Eggs · Tree Nuts · Mustard · Celery · Soybeans · Sesame Seeds · Milk · Fish · Peanuts · Lupin · Gluten · Sulphur Dioxide · Molluscs

WEEKLY MENU WEEK 2

Week Commencing: 27 April 2026, 18 May 2026 & 15 June 2026

Fuel AT FORTY THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Spicy Sweet Corn Soup Homemade bread Seeds & toppings (G, mc So)	Tomato and Roasted Red Pepper Homemade bread Seeds & toppings (G, mc So)	Minestrone Soup Homemade bread Seeds & toppings (G, mc So)	Broccoli and Cheddar Homemade bread Seeds & toppings (G, mc So)	Spinach and Potato Soup Homemade bread Seeds & toppings (G, mc So)
MAINS	Thai Pork Coconut Curry	Chicken and Leek pie topped with Creamy Mash	Beef Zitti Beef Bolognaise and Penne Pasta topped with Bechamel and Mozzarella Cheese	Chicken Jambalaya	Cod Fish Finger and Chips Tartar Sauce
PASTA & JACKET	Classic Pomodoro Cheddar Cheese Baked Beans	Classic Pomodoro Baked Potato or Sweet Potato Baked Beans Tuna Mayo Thai Pork Chicken Curry	Classic Pomodoro Baked Potato or Sweet Potato Baked Beans Cheddar Cheese	Classic Pomodoro Creamy Pesto Chicken Baked Potato or Sweet Potato Baked Beans Tuna Mayo	Classic Pomodoro Cheddar Cheese Baked Beans Tuna Mayo
PLANT BASED	Thai Green Sweet Potato and Tofu Curry	Lentil, Bean and Vegetable Pie topped with Parsnip and Sweet Potato Mash	Vegetable Lasagna	Vegetable Jambalaya	Vegetable and Bean Quesadillas Served with Sour Cream and Guacamole
SIDES	Lime Rice Pickled Cucumber and Carrot Salad Prawn Crackers	Sauteed Spinach & Kale Carrots and Peas Gravy	French Beans Rocket & Parmesan Garlic Focaccia (G, mc So)	Spiced Yoghurt Slaw Tomato and Onion Salad Charred Corn and Roasted Peppers	Seasoned Fries Carrots and Garden Peas Baked Beans
DESSERT OF THE DAY	Sultana & Honey Flapjack Selection of yoghurts, jellies, fruit pots	Victorian topped with Butter Cream and Strawberries Selection of yoghurts, jellies, fruit pots	Summer Trifle topped with Crushed Meringue Selection of yoghurts, jellies, fruit pots	Jamaican Ginger Sponge and Custard Selection of yoghurts, jellies, fruit pots	Banana and Dark Chocolate Bread Selection of yoghurts, jellies, fruit pots

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WEEKLY MENU WEEK 3

Week Commencing: 04 May 2026, 01 June 2026 & 22 June 2026

Fuel AT FORTY THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Butternut Squash and Coconut Soup Homemade Bread Seeds & toppings (G, mc So)	Vegetable Noodle Soup Homemade Bread Seeds & toppings (G, mc So)	Pea and Watercress Soup Wholemeal Homemade bread Seeds & toppings (G, mc So)	Leek, Potato and Spring Onion Soup Wholemeal homemade bread Seeds & toppings (G, mc So)	Roasted Chickpea and Lemon Homemade bread Seeds & toppings (G, mc So)
MAINS	Pasta Bolognaise Rich Beef Bolognaise served with Penne Pasta	Lime, Ginger, and Honey Marinated Teriyaki Pork Served in Bao Buns	Roast Lemon and Thyme Chicken	Baked Spicy Lebanese Beef Meatballs	Chicken Burger Served in a Brioche Bun
PASTA & JACKET	Classic Pomodoro Basil Pesto Baked Beans cheddar Cheese	Beef Bolognaise Classic Pomodoro Baked Potato or Sweet Potato Baked Beans Cheddar Cheese	Classic Pomodoro Baked Potato or Sweet Potato Baked Beans Cheddar Cheese	Sweet and Sour Pork Classic Pomodoro Baked Potato or Sweet Potato Baked Beans Cheddar Cheese	Creamy Pesto Classic Pomodoro Cheddar Cheese Baked Beans
PLANT BASED	Mac and Cheese topped Parmesan and Herb Crumb (G,)	Sweet Soy Marinated Tofu, Broccoli, and Mushroom Served in Bao Buns	Red Onion and Goats Cheese Tart	Aubergine Shakshuka	Handmade Bean Burger Served in a Brioche Bun
SIDES	Rocket and Parmesan Salad Green Beans Herb Focaccia	Coriander Noodles Asian Slaw Stir Fried Greens	Honey Glazed Carrots Baby Roast Potatoes Saute Spring Cabbage	Spiced Vegetable Couscous Houmous, Minted Yoghurt Lebanese Flat Bread Tomato and Onion Red Onion Salad	Coleslaw Garden Peas Baked Beans Chunky Chips
DESSERT OF THE DAY	Vanilla Shortbread Selection of yoghurts, jellies, fruit pots (Mk)	Orange and Polenta Cake Selection of yoghurts, jellies, fruit pots (G,Mk,E)	Frosted Carrot Cake Selection of yoghurts, jellies, fruit pots (G,Mk,E)	Lemon and Lime Mousse Selection of yoghurts, jellies, fruit pots (Mk)	Rocky Road Selection of yoghurts, jellies, fruit pots (G,Mk, mc So)

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