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|---|--|---|--|---|--|--|--|--|--|
| WEEKLY MENU | | | | | SENIORS | | | | |
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| Soup Leek and Potato with Homemade Bread of the day | | Soup Cream of Squash with Homemade Bread of the day | | Soup French Onion with Homemade Bread of the day | | Soup Roasted Red Pepper with Homemade Bread of the Day | | Soup Cream of Spinach with Homemade Bread of the Day | |
| Urban Main Choice Mac & Cheese with Bacon & Crispy Onion (GF,DF,& HF Available) | | Urban Main Choice Beef Chilli Con Carne (GF,DF,& HF Available) | | Urban Main Choice Crispy Chicken with Sticky Asian Sauce (GF,DF,& HF Available) | | Urban Main Choice Roast Turkey with Sage & onion stuffing & Cranberry Sauce | | Urban Main Choice Fish & Chips with all the Trimmings (GF,DF & HF available) | |
| Urban Vegan/Veggie Choice Creamy Butternut squash & Tomato Pasta Bake (GF,DF,& HF Available) | | Urban Vegan/Veggie Choice Butter Bean Chilli (GF,DF,& HF Available) | | Urban Vegan/Veggie Choice Crispy Sweet & Sour Tofu (GF,DF,& HF Available) | | Urban Vegan/Veggie Choice Butternut Squash Wellington (GF,DF,& HF Available) | | Urban Vegan/Veggie Choice Crispy Battered Halloumi with sweet chilli (GF,DF,& HF Available) | |
| Sides Garlic & Rosemary Focaccia Sweetcorn Peas Artisan Salad Bar | | Sides Mexican Tomato Rice Roasted Corn Sour Cream Guacamole Tomato salsa Artisan Salad Bar | | Sides Vegetable Fried Noodles Sautéed Broccoli with garlic Asian Slaw Artisan Salad Bar | | Sides Crispy Roasted Potatoes Honey & Thyme Roasted Carrots Braised Cabbage Gravy Artisan Salad Bar | | Sides Chunky Chips Baked Beans Mushy Peas Artisan Salad Bar | |
| Filled Wrap Filled Baguettes Urban Grab & Go | | Filled Wrap Filled Baguettes Urban Grab & Go | | Filled Wrap Filled Baguettes Urban Grab & Go | | Filled Wrap Filled Baguettes Urban Grab & Go | | Filled Wrap Filled Baguettes Urban Grab & Go | |
| Dessert of the Day Apple & Cinnamon Cake Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | | Dessert of the Day Cornflake tart Prepared Fruit Pots Whole Fruit Mixed Fruit Yoghurt Pots (Vegan, DF and GF available) | | Dessert of the Day Fruit FlapJack Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | | Dessert of the Day Bread & Butter Pudding with Custard Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | | Dessert of the Day Selection of Jelly Pots Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | |

WEEKLY MENU

SENIORS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Soup Carrot & Coriander with Homemade Bread of the Day | Soup Spiced Lentil with Homemade Bread of the Day | Soup Broccoli & Kale with Homemade Bread of the Day | Soup Mushroom & Tarragon with Homemade Bread of the Day | Soup Cream of Tomato with Homemade Bread of the Day |
| Urban Main Choice Grilled Chicken with Chasseur Sauce (GF,DF & HF available) | Urban Main Choice Italian Beef Meatball with Ragu Sauce (GF,DF & HF available) | Urban Main Choice Tandoori, coconut Chicken Curry (GF,DF & HF available) | Urban Main Choice Cumberland Sausage (GF,DF & HF available) | Urban Main Choice Fish & Chips with all the trimmings (GF,DF,& HF Available) |
| Urban Vegan/Veggie Choice Roasted Vegetable Tart (GF,DF & HF available) | Urban Vegan/Veggie Choice Lentil Bolognese (GF,DF & HF available) | Urban Vegan/Veggie Choice Spinach, Sweet Potato & Lentil Dahl (GF,DF & HF available) | Urban Vegan/Veggie Choice Vegetarian Sausage (GF,DF & HF available) | Urban Vegan/Veggie Choice Breaded Vegan Fillet (GF,DF & HF available) |
| Sides Herb Roasted New Potatoes Broccoli Sliced Carrots Artisan Salad Bar | Sides Spaghetti Broccoli Sliced Carrots Garlic Bread Artisan Salad Bar | Sides Basmati Rice Curried Cauliflower & Spinach Naan Artisan Salad Bar | Sides Creamy Mach Buttered Green Beans Glazed Carrots Onion Gravy Artisan Salad Bar | Sides Chunky Chips Baked Beans Mushy Peas Artisan Salad Bar |
| Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go |
| Dessert of the Day Sultana Cake with Custard Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | Dessert of the Day Rice Pudding with Fruit Compot Prepared Fruit Pots Whole Fruit Mixed Fruit Yoghurt Pots (Vegan, DF and GF available) | Dessert of the Day Banana Loaf Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | Dessert of the Day Apple Crumble & Custard Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | Dessert of the Day Selection of Jelly Pots Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) |

For weeks commencing: 8 Sept, 29 Sept, 3 Nov, 24 Nov

WEEKLY MENU

SENIORS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Soup Pea & Mint with Homemade Bread of the Day | Soup Tomato & Basil with Homemade Bread of the Day | Soup World Food Focus Themed Day | Soup Spiced Carrot & Lentil with Homemade Bread of the Day | Soup Country Vegetable with Homemade Bread of the Day |
| Urban Main Choice Beef Bolognaise (GF,DF & HF available) | Urban Main Choice Margherita Pizza (GF,DF & HF available) | Urban Main Choice World Food Focus Themed Day (GF,DF & HF available) | Urban Main Choice Cottage Pie (GF,DF & HF available) | Urban Main Choice Fish & Chips with all the trimmings (GF,DF,& HF Available) |
| Urban Vegan/Veggie Choice Roasted ratatouille pasta (GF,DF & HF available) | Urban Vegan/Veggie Choice Margherita Pizza (GF,DF & HF available) | Urban Vegan/Veggie Choice World Food Focus Themed Day (GF,DF & HF available) | Urban Vegan/Veggie Choice Vegetable & lentil Cottage pie topped with sweet potato mash (GF,DF & HF available) | Urban Vegan/Veggie Choice Vegetable Burger (GF,DF & HF available) |
| Sides Penne Sliced Carrots Green Beans Garlic Bread | Sides Crispy Wedges Coleslaw Cucumber Sweetcorn Artisan Salad Bar | World Food Focus Themed Day | Sides Green Beans Peas Gravy Artisan Salad Bar | Sides Chunky Chips Baked Beans Mushy Peas Artisan Salad Bar |
| Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go | Filled Wrap Filled Baguettes Urban Grab & Go |
| Dessert of the Day Vanilla Shortbread Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | Dessert of the Day Jam & Coconut Sponge with Custard Prepared Fruit Pots Whole Fruit Mixed Fruit Yoghurt Pots (Vegan, DF and GF available) | Dessert of the Day Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | Dessert of the Day Syrup Sponge with Custard Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) | Dessert of the Day Selection of Jelly Pots Prepared Fruit Pots Mixed Fruit Yoghurt Pots Whole Fruit (Vegan, DF and GF available) |

For weeks commencing: 15 Sept, 6 Oct, 10 Nov, 1 Dec