

W/C: Sep 4th, 25th - Oct 16th - Nov 13th - Dec 4th - Jan 8th 29th

week: 01

Stir.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Homemade Veggie Supreme Pizza
Served with Sweetcorn

Chicken Korma
Served with Whole Grain Rice & Green Beans

Roast Chicken
Served with Crispy Roasties, Broccoli & Optional Gravy

Chicken & Veg Meatball Marinara
Served with Penne Pasta & Mixed Salad

Golden Fish Fingers (Salmon or Pollock)
Served with Chips & Sweetcorn

Chickpea Curry
Served with Wholegrain rice & Sweetcorn

Spanish Vegetable Paella
Served with Green Beans

Really Cheesy Cauliflower
Served with Crispy Roasties, Broccoli

Baked Cheese & Tomato Gnocchi
Served with Mixed Salad

Falafel Wrap
Served with Mixed Salad & Chips

Jacket Potato
with Baked Beans

Jacket Potato
with Cheese

Jacket Potato
with Baked Beans

Jacket Potato
with Baked Beans

Jacket Potato
with Cheese

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Vanilla Ice Cream Ball

Viennese Biscuits

Oat Cookie

Jelly & Fruit Slices

Peach Crumble & Custard

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

menu

let's eat, together

www.stirfood.co.uk

W/C: Sep 11th - Oct 2nd, 30th - Nov 20th - Dec 11th - Jan 15th - Feb 5th

week: 02

Stir.

menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Pizza Margherita Served with Green Salad	Traditional Pork Sausage Served with Mashed potatoes & Mixed veg	Roast Chicken Served with Crispie Roasties Peas, Carrots & Optional Gravy	Beef Chilli Con carne Served with Wholegrain Rice & Green Beans	Battered Fish Served with Chips & Peas
Macaroni Cheese Served with Broccoli	Vegetable Sausage Served with Mashed potatoes & Mixed veg	Shepherdless Pie (Vg) Served with Peas & Carrots	Honey & Soy Vegetable Stir Fry Served with Wholegrain rice	Tarka Dhal Curry Served with Wholegrain rice and Peas
Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans
Penne Pasta with Tomato Sauce	Penne Pasta with Tomato Sauce	Penne Pasta with Tomato Sauce	Penne Pasta with Tomato Sauce	Penne Pasta with Tomato Sauce
Vanilla Ice Cream Ball	Sticky Toffee Pudding	Fruity Flapjack	Jammy Crumble Bars	Apple Crumble Served with Custard

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

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W/C: Sep 18th - Oct 9th - Nov 6th , 27th - Dec 18th - Jan 22nd

week: 03

Stir.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Margherita Pizza

Served with
Green Salad

Chicken Nuggets

served with
Vegetable Rice
Optional Curry Sauce

**Roast
Chicken**

Served with
Crispy Roasties,
Carrots & Sweetcorn
Optional Gravy

NOT So SPICY

Chicken Tikka Masala
Served with Wholegrain
Rice & Turmeric Carrots

**Golden Fish Fingers
(Salmon or Pollock)**

Served with
Chips &
Garden Peas

**Sweet Potato Chana
Masala**

Served with
Whole Grain Rice & Green
Beans

Macaroni Cheese

Served with
Green Salad

**Super Veggie (Lentil &
Onion) Pastry Pie**

Served with
Crispy Roasties,
Carrots & Sweetcorn
Optional Gravy

**Baked Courgette, Spring
Onion & Potato Fritters**

Served with a Spiced Tomato
Sauce & Couscous

**Bean & Sweetcorn
Burrito**

Served with Chips &
Peas

Jacket Potato

with
Baked Beans

Jacket Potato

with
Baked Beans

Jacket Potato

with
Cheddar Cheese

Jacket Potato

with
Cheese

Jacket Potato

with
Baked Beans

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

Melon Selection

Beetroot Brownie

**Oaty Apple
Crunch Slice**

**Vanilla
Ice Cream Ball**

Shortbread Biscuits

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