

Zest SBL Menu September 2021 – December 2021

Key (V) Vegetarian (HM) Homemade (GF) Gluten Free (DF) Dairy Free (Ve) Vegan

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 06.9/27.9/18.10/15.11/06.12					
Traditional Dishes Served with a choice of vegetables or fresh seasonal salad	Meat Free Monday <u>Pasta Bar</u> Homemade 7 Veg Tomato Sauce (GF)(DF)(Ve) Or Creamy Cheesy Sauce (GF Pasta Available)	'Futura' Beef Burger in a Floured Bap Or 'Futura' Vegetable Burger in a Floured Bap (V)	Roast Gammon (GF)(DF) With Stuffing Or 2 x Quorn Sausages (V)	Homemade Chicken Korma (DF)(GF)(HM) Or Sweet Potato & Chickpea Stew (DF)(GF)(Ve)	Youngs Golden Jumbo Fish Finger Or Cheese Pinwheel (HM)(V) (GF Fish Fingers Available)
Sides	Garlic Bread & Sweetcorn	Herby Diced Potatoes & Garden Peas	Roast Potatoes, Seasonal Vegetables & Gravy	Naan Bread Finger, Basmati Rice & Green Beans	Chipped Potatoes, Peas or Baked Beans
Street Eats Jacket potatoes with choice of daily toppings	Pizza Panini (HM)(V)	100% Beef Burger	BBQ Chicken Wrap (HM)	Louisiana Chicken Burger	Fishfinger Bap (HM)
Dessert of the Day Fruit & Homemade Tray Bakes Available Daily	Ice Lolly (DF)(V)	Sticky Toffee Pudding (HM)(V)	Chocolate Mousse (V)(GF)	Cornflake Tart With Custard (HM)(V)	Freshly Baked Cookie (HM)(V)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 13.9/04.10/1.11/22.11/13.12					
Traditional Dishes Served with a choice of vegetables or fresh seasonal salad	Meat Free Monday <u>Noodle Bar</u> Egg Noodles served with Sweet and Sour Vegetable Or Chinese Style Sauce	Chicken Enchilada & Fresh Tomato Salsa (DF)(GF) Or Mild Mixed Bean Chilli (HM)(DF)(GF)(Ve)	Pork Sausages x 2 (DF) Or Crispy Red Lentil Fingers (HM)(DF)(V)	Pasta Bolognese (HM)(DF) Or Vegetable Lasagne (HM)(V)	Battered Fish Fillet Or Cheese Omelette (V) (GF Fish Fingers Available)
Sides	Mixed Vegetables	Vegetable Rice	Mash Potatoes, Peas & Onion Gravy	Served with Garlic Bread	Chipped Potatoes, Peas or Baked Beans
Street Eat Jacket potatoes with choice of daily toppings	Pizza Panini (HM)(V)	100% Beef Burger	BBQ Chicken Wrap (HM)	Louisiana Chicken Burger	Fishfinger Bap (HM)
Dessert of the Day Fruit & homemade tray bakes available daily	Apple Pie & Custard (HM)(V)	Blueberry Muffin (HM)(V)	Strawberry Whip (V)(GF)	Chocolate Crunch with Pink Custard (HM)(V)	Flapjack (HM)(V)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 20.9/11.10/08.11/29.11					
Traditional Dishes Served with a choice of vegetables or fresh seasonal salad	Meat Free Monday <u>Pizza Bar</u> Plain Margarita Or Roasted Vegetables (GF/DF Available)	Cottage Pie (HM)(GF)(DF) Or Quorn Dippers (V)	Roast Chicken (GF)(DF) & Stuffing Or Homemade Vegetable Parcel (DF)(HM)(V)	Sausage Plait (HM) Or Vegetable Nuggets (Ve)	Fish Fingers Or Spicy Bean Burger (DF)(Ve) (GF Fish Fingers Available)
Sides	Potato Wedges & Sweetcorn	Broccoli and Carrots	Roast Potatoes, Seasonal Vegetables & Gravy	Mashed Potatoes & Green Beans	Chipped Potatoes, Peas or Baked Beans
Street Eat Jacket potatoes with choice of daily toppings	Pizza Panini (HM)(V)	100% Beef Burger	BBQ Chicken Wrap (HM)	Louisiana Chicken Burger	Fishfinger Bap (HM)
Dessert of the Day Fruit & Homemade Tray Bakes Available Daily	Lemon Muffin (HM)(V)	Chocolate Sponge With Chocolate Sauce (HM)(V)	Fruit Crumble & Custard (HM)(V)	Orange Drizzle Iced Carrot Cake (HM)(V)	Shortbread Finger (HM)(V)