
















Tudor Court

Please note that the menu may change subject to local needs
















Week 1

WEEK COMMENCING - 21st April - 12th May - 9th June - 30th June 21st July - 1st September 22nd September - 13th October

Monday	Pork Sausage With Mash Potato & Gravy	Quorn Sausage With Mash Potato & Gravy 	Jacket Potato with a choice of filling 	Broccoli	Seasonal Salad Bar	Frozen Fruit Yoghurt 
Tuesday	BBQ Chicken Pizza With Potato Wedges	Cheese & Tomato Pizza With Potato Wedges 	Jacket Potato with a choice of filling 	Sweetcorn Cobbetts	Seasonal Salad Bar	Apple Flapjack 
Wednesday	Roast Chicken with Roast Potatoes, , Yorkshire Pudding & Gravy	Quorn Fillet with Roast Potatoes, Yorkshire Pudding & Gravy 	Jacket Potato with a choice of filling 	Carrots	Seasonal Salad Bar	Fruit Jelly 
Thursday	Macaroni Cheese 	Salmon Tortellini in Tomato Sauce	Jacket Potato with a choice of filling 	Mixed Vegetables	Seasonal Salad Bar	Marble Sponge 
Friday	Fish Fingers With Chips	Quorn Dippers With Chips 	Jacket Potato with a choice of filling 	Peas or Baked Beans	Seasonal Salad Bar	Oat Cookie 















Week 2

WEEK COMMENCING - 28th April - 19th May - 16th June - 7 July - 8th September - 29th September - 20th October

Monday	BBQ Chicken With Vegetable Rice	Roast Tomato & Vegetable Pasta Bake 	Jacket Potato with a choice of filling 	Mixed Vegetables	Seasonal Salad Bar	Fruit Smoothie 
Tuesday	Pepperoni Pizza With Potato Cubes	Cheese & Tomato Pizza With Potato Cubes 	Jacket Potato with a choice of filling 	Broccoli	Seasonal Salad Bar	Jam Sponge 
Wednesday	Roast Gammon with Roast Potatoes, , Yorkshire Pudding & Gravy	Quorn Fillet with Roast Potatoes, Yorkshire Pudding & Gravy 	Jacket Potato with a choice of filling 	Carrots	Seasonal Salad Bar	Fruit Jelly 
Thursday	Beef Bolognese With Pasta	Meat Free Sausage Roll With Potato Puffs 	Jacket Potato with a choice of filling 	Sweetcorn	Seasonal Salad Bar	Apple Strudel With Custard 
Friday	Chicken Goujons With Chips	Cheese & Broccoli Pasta Bake 	Jacket Potato with a choice of filling 	Peas or Baked Beans	Seasonal Salad Bar	Fruity Glazed Bun 

Week 3

WEEK COMMENCING - 5th May - 2nd June - 23rd June - 14th July - 15th September - 6th October

Monday	Sweet & Sour Chicken With Rice & Peas	Spanish Style Quorn With Rice & Peas 	Jacket Potato with a choice of filling 	Mixed Vegetables	Seasonal Salad Bar	Banana Sponge 
Tuesday	Cheese & Tomato Pizza With Potato Puffs	Tuna Pasta Bake	Jacket Potato with a choice of filling 	Green Beans	Seasonal Salad Bar	Angel Delight 
Wednesday	Roast Chicken with Roast Potatoes, , Yorkshire Pudding & Gravy	Quorn Fillet With Roast Potatoes, Yorkshire Pudding & Gravy 	Jacket Potato with a choice of filling 	Carrots	Seasonal Salad Bar	Fruit Jelly 
Thursday	Beef Burger With Potato Smiles & Ketchup	Quorn Burger With Potato Smiles & Ketchup 	Jacket Potato with a choice of filling 	Sweetcorn	Seasonal Salad Bar	Lemon Drizzle Cake 
Friday	Fish Fingers With Chips	Vegetable Fingers With Chips 	Jacket Potato with a choice of filling 	Peas or Baked Beans	Seasonal Salad Bar	Frozen Yoghurt 



Vegan



Vegetarians

Additional daily foods available: Wholemeal bread.
Alternative desserts;
Fruit, Soft Cheese & Crackers.

Jacket Potato Fillings

Cheese, Tuna Mayo &
Baked Beans



Weekly Menu: Tudor Court Spring Summer menu 25 Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Pork Sausages	BBQ Chicken Pizza	Roast chicken	Macaroni Cheese	Fish Fingers
Quorn Sausage	Cheese & Tomato Pizza	Roast Quorn Fillet	Salmon Tortelloni in Tomato Sauce	Quorn Dippers
Mash Potatoes	Potato Wedges	Roast Potatoes	Jacket Potato with a Choice of Filling	Chips
Gravy	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Cheese	Jacket Potato with a Choice of Filling
Jacket Potato with a Choice of Filling	Cheese	Gravy	Tuna Mayo	Cheese
Cheese	Tuna Mayo	Jacket Potato with a Choice of Filling	Baked Beans	Tuna Mayo
Tuna Mayo	Baked Beans	Cheese		Baked Beans
Baked Beans		Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Broccoli	Sweetcorn Cobette	Carrots	Mixed Vegetables	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Baked Beans
				Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Frozen Yoghurt	Apple Flapjack	Fruit Jelly	Marble Sponge	Oat Cookie
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers

Allergens

Pork Sausages: **Cereals containing gluten, Soya**; Quorn Sausage: **Cereals containing gluten**; Mash Potatoes: **No allergens**; Gravy: **No allergens**; Jacket Potato with a Choice of Filling: **No allergens**; Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Baked Beans: **No allergens**; Broccoli: **No allergens**; Seasonal Salad Bar: **No allergens**; Frozen Yoghurt: **Milk**; Fresh Fruit: **No allergens**; Wholemeal Bread: **Cereals containing gluten, Soya**; Soft Cheese: **Milk**; Cream crackers: **Cereals containing gluten**; BBQ Chicken Pizza: **Cereals containing gluten, Eggs, Milk, Mustard, Soya**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Wedges : **No allergens**; Sweetcorn Cobette: **No allergens**; Apple Flapjack: **Cereals containing gluten**; Roast chicken: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Carrots: **No allergens**; Fruit Jelly: **No allergens**; Macaroni Cheese: **Celery, Cereals containing gluten, Milk, Mustard**; Salmon Tortelloni in Tomato Sauce : **Celery, Cereals containing gluten, Eggs, Fish, Milk, Soya**; Mixed Vegetables: **No allergens**; Marble Sponge: **Cereals containing gluten, Eggs**; Fish Fingers: **Cereals containing gluten, Fish**; Quorn Dippers: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; Baked Beans: **No allergens**; Oat Cookie: **Cereals containing gluten**

Analyse by: Per Portion
Food Labelling: Default

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Weekly Menu: Tudor Court Spring Summer menu 25 Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
BBQ Chicken	Pepperoni Pizza	Roast Gammon	Beef Bolognese	Chicken Goujon
Vegetable Rice	Cheese & Tomato Pizza	Roast Quorn Fillet	Pasta	Chips
Tomato Vegetable pasta bake	Potato Cubes	Roast Potatoes	Meat Free Sausage Roll	Cheese & Broccoli Pasta Bake
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Potato Puff	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Jacket Potato with a Choice of Filling	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Cheese	Tuna Mayo
Baked Beans	Baked Beans	Cheese	Tuna Mayo	Baked Beans
		Tuna Mayo	Baked Beans	
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Broccoli	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Baked Beans
				Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Jam Sponge	Fruit Jelly	Apple Strudel	Fruity Glazed Bun
Fresh Fruit	Fresh Fruit	Fresh Fruit	Custard	Fresh Fruit
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Fresh Fruit	Wholemeal Bread
Cream crackers	Cream crackers	Cream crackers	Wholemeal Bread	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Cream crackers	Soft Cheese

Monday	Tuesday	Wednesday	Thursday	Friday
			Soft Cheese	

Allergens

BBQ Chicken: **Celery, Sulphur Dioxide**; Vegetable Rice: **No allergens**; Tomato Vegetable pasta bake: **Celery, Cereals containing gluten, Mustard, Soya**; Jacket Potato with a Choice of Filling: **No allergens**; Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Baked Beans: **No allergens**; Mixed Vegetables: **No allergens**; Seasonal Salad Bar: **No allergens**; Fruit Smoothie: **No allergens**; Fresh Fruit: **No allergens**; Wholemeal Bread: **Cereals containing gluten, Soya**; Cream crackers: **Cereals containing gluten**; Soft Cheese: **Milk**; Pepperoni Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Mustard, Soya**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Cubes: **Cereals containing gluten**; Broccoli: **No allergens**; Jam Sponge: **Cereals containing gluten, Eggs**; Roast Gammon: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Carrots: **No allergens**; Fruit Jelly: **No allergens**; Beef Bolognese: **Celery**; Pasta: **Cereals containing gluten, Mustard, Soya**; Meat Free Sausage Roll: **Cereals containing gluten**; Potato Puff: **No allergens**; Sweetcorn: **No allergens**; Apple Strudel: **Cereals containing gluten**; Custard: **Milk**; Chicken Goujon: **Cereals containing gluten**; Chips: **No allergens**; Cheese & Broccoli Pasta Bake: **Celery, Cereals containing gluten, Milk, Mustard, Soya**; Peas: **No allergens**; Baked Beans: **No allergens**; Fruity Glazed Bun : **Cereals containing gluten, Eggs, Milk, Soya, Sulphur Dioxide**

Food Labelling: Default

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Weekly Menu: Tudor Court Spring Summer menu 25 Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Sweet & Sour Chicken	Cheese & Tomato Pizza	Roast chicken	Beef Burger	Fish Fingers
Spanish Style Quorn Fillet	Potato Puff	Roast Quorn Fillet	Quorn Burger	Vegetable Fingers
Rice and peas	Tuna Pasta Bake	Roast Potatoes	Potato Smiles	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Tomato Ketchup	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Jacket Potato with a Choice of Filling	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Cheese	Tuna Mayo
Baked Beans	Baked Beans	Cheese	Tuna Mayo	Baked Beans
		Tuna Mayo	Baked Beans	
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Green Beans	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Baked Beans
				Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Banana Sponge	Angel Delight	Fruit Jelly	Lemon Drizzle Cake	Frozen Yoghurt
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese

Allergens

Sweet & Sour Chicken: **Cereals containing gluten**; Spanish Style Quorn Fillet: **Celery, Cereals containing gluten**; Rice and peas: **Celery**; Jacket Potato with a Choice of Filling: **No allergens**; Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Baked Beans: **No allergens**; Mixed Vegetables: **No allergens**; Seasonal Salad Bar: **No allergens**; Banana Sponge: **Cereals containing gluten, Eggs**; Fresh Fruit: **No allergens**; Wholemeal Bread: **Cereals containing gluten, Soya**; Cream crackers: **Cereals containing gluten**; Soft Cheese: **Milk**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Puff: **No allergens**; Tuna Pasta Bake: **Celery, Cereals containing gluten, Fish, Milk, Mustard, Soya**; Green Beans: **No allergens**; Angel Delight: **Milk**; Roast chicken: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Carrots: **No allergens**; Fruit Jelly: **No allergens**; Beef Burger: **Cereals containing gluten**; Quorn Burger: **Cereals containing gluten, Eggs, Milk**; Potato Smiles: **No allergens**; Tomato Ketchup : **No allergens**; Sweetcorn: **No allergens**; Lemon Drizzle Cake: **Cereals containing gluten, Eggs**; Fish Fingers: **Cereals containing gluten, Fish**; Vegetable Fingers: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; Baked Beans: **No allergens**; Frozen Yoghurt: **Milk**

Analyse by: Per Portion
Food Labelling: Default

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