

the great plate

MADE WITHOUT GLUTEN

The Great Plate

AUTUMN MENU

SEPTEMBER TO DECEMBER



Week 1
weeks starting
-: Sept 1st, 21st
Oct 12th, Nov
9th, 30th

Monday

GF PASTA WITH A CLASSIC TOMATO
SAUCE WITH CHEESE OFFERED (V)
(D)
OR
PIZZA GF MUFFIN WITH NEW
POTATOES (V)(D)
GF GINGER COOKIE

Tuesday

LOCAL BUTCHERS SAUSAGE AND
VEGETABLE CASSEROLE WITH FLUFFY
RICE
OR
VEGGIE SAUSAGE AND VEGETABLE
CASSEROLE WITH FLUFFY RICE (S)
OR
JACKET POTATO WITH BAKED BEANS &
OR CHEESE (D)(V)
FRUIT PLATTER

Wednesday

ROAST BRITISH CHICKEN WITH ROAST
POTATOES AND VEGETABLES WITH
GRAVY
OR
GF FLAKY VEGETABLE WELLINGTON
WITH ROAST POTATOES AND VEGETABLE
AND GRAVY (V) (S)
OR
CHEESE (D)(V) OR TUNA (F) GF ROLL
WITH TORTILLA CHIPS & VEGETABLE
STICKS
GF LEMON ZEST COOKIE

Thursday

GF MEXICAN PORK ENCHILADAS WITH
RICE (D)
OR
GF MEXICAN VEGGIE ENCHILADAS WITH
RICE (V)(D)
OR
JACKET POTATO WITH BAKED BEANS &
OR CHEESE (D)(V)
YOGHURT (D), FRUIT AND GRANOLA

Friday

BAKED POLLOCK WITH SPANISH
BEANS AND POTATOES (F)(S)
OR
VEGGIE SAUSAGE & CHIPS (S)(V)
FRUIT PLATTER, YOGHURT (D)

Week 2
weeks starting
-: Sept 7th 28th
Oct 19th Nov 16th
Dec 7th

ITALIAN STYLE PESTO AND
WHITE BEAN GF PASTA (SD)(V)
OR
CHEESY BEANS ON GF TOAST (D)
(V)
GF GINGER COOKIE

CHICKEN CAESAR GF WRAP WITH
CRUNCHY VEGETABLE STICKS AND
NEW POTATOES (S)(SD)
OR
VEGGIE CAESAR GF WRAP WITH
CRUNCHY VEGGIE STICKS AND NEW
POTATOES (S)(SD)
OR
JACKET POTATO WITH BAKED
BEANS & OR CHEESE (D)(V)
FRUIT PLATTER

ROAST BRITISH CHICKEN WITH ROAST
POTATOES AND SEASONAL VEGETABLES
OR
CHEESE (D)(V) OR HUMMUS AND
CUCUMBER GF ROLL WITH TORTILLA
CHIPS & VEGETABLE STICKS
GF LEMON ZEST COOKIE

GF CHEESE AND TOMATO PIZZA WITH
NEW POTATOES
OR (D)
GF HAM AND CHEESE PIZZA WITH
NEW POTATOES (D)
OR
JACKET POTATO WITH CHEESE (D)(V) OR
TUNA & MACKEREL (F) (SD)
FRUIT JELLY

GF FISH FINGERS AND CHIPS (G)
(F)
OR
GF BAKED BEAN AND CHEESE
SLICE WITH CHIPS (V)(D)
FRUIT PLATTER, YOGHURT (D)

Week 3
weeks starting
-: Sept 14th Oct
15th Nov 2nd, 23rd
Dec 14th

GF RAINBOW VEGETABLE PASTA BAKE
WITH CHEESE OFFERED
(V)(D)
OR
GF PUFF PASTRY PINWHEEL WITH NEW
POTATOES (D)(V)
GF GINGER COOKIE

MILD CHICKEN AND SQUASH
CURRY (SD)
OR
MILD SQUASH AND CHICKPEA
CURRY (SD)(V)
OR
JACKET POTATO WITH BEANS & OR
CHEESE (D)(V)
FRUIT PLATTER

ROAST BRITISH GAMMON WITH ROAST
POTATOES
OR
CREAMY CAULIFLOWER CRUMBLE WITH
ROAST POTATOES (V)
OR
CHEESE (D)(V) OR HUMMUS AND
CUCUMBER GF ROLL (V) WITH TORTILLA
CHIPS & VEGETABLE STICKS
GF LEMON ZEST COOKIE

HOME MADE BRITISH BEEF
COTTAGE PIE
OR
HOME MADE LENTIL COTTAGE PIE
(V)
OR
JACKET POTATO WITH CHEESE (D)
(V) OR TUNA (F)
FRUIT CRUMBLE AND YOGHURT
(D)

GF FISH FINGERS AND
CHIPS (F)
OR
GF FLAKY VEGAN SAUSAGE
ROLL AND CHIPS
(S)
VEGAN MEATBALL MARINARA
GF ROLL WITH CHIPS
(S)
FRUIT PLATTER, YOGHURT (D)

Allergy key - G=Contains Gluten, D= Contains Dairy, S= Contains Soya, C= Contains Celery, F= Contains Fish, M=Contains Mustard, E = Egg, SD = Sulphur dioxide





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AUTUMN MENU

September to December 2026

IF YOU'VE GOT ANY QUESTIONS ABOUT SPECIFIC ALLERGENS IN OUR DISHES, FEEL FREE TO ASK ANY MEMBER OF OUR KITCHEN TEAM –THEY'LL BE MORE THAN HAPPY TO HELP YOU OUT. FOR PARENTS WHOSE KIDS HAVE FOOD ALLERGIES OR SENSITIVITIES, WE KINDLY ASK YOU TO FILL OUT A FORM. THIS WAY, WE'LL HAVE ALL THE INFO WE NEED TO MAKE SURE YOUR CHILD'S NEEDS ARE MET. WHILE WE MAINTAIN VERY HIGH STANDARDS OF HYGIENE IN OUR KITCHENS, IT'S IMPORTANT TO KNOW WE MIGHT NOT ALWAYS BE ABLE TO COMPLETELY ELIMINATE THE RISK OF CROSS-CONTAMINATION DUE TO HOW WE COOK. YOUR UNDERSTANDING ON THIS IS GREATLY APPRECIATED!

A NOTE ON OUR MENU SYMBOLS

DF = MADE WITHOUT DAIRY INGREDIENTS

GF = MADE WITHOUT GLUTEN-CONTAINING INGREDIENTS

THESE DISHES ARE PREPARED WITH CARE, BUT OUR KITCHENS HANDLE BOTH DAIRY AND GLUTEN DAILY. WE FOLLOW STRICT PROTOCOLS TO MINIMISE CROSS-CONTAMINATION RISK; HOWEVER, WE CANNOT GUARANTEE THESE ITEMS ARE COMPLETELY FREE FROM TRACE AMOUNTS. IF YOU HAVE A SEVERE ALLERGY OR COELIAC DISEASE, PLEASE SPEAK DIRECTLY WITH A MEMBER OF OUR TEAM BEFORE ORDERING.

Proud to
work
with...

