

WEEK 1

WC 16th Jan, 6th Feb, 6th March, 27th March

MENU

Eat the Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Pesto pasta with spinach (G)	Oven Baked butchers Sausages with gravy (G,Su)	Spaghetti Bolognese (G)	Chinese Chicken Stir fry with noodles (E,So,G)	Breaded fish fingers or battered fish fillet (G,F)
Veggie MEAT FREE	Roasted vegetable and bean burger with coleslaw (G,E)	Veggie sausages with veggie gravy (G,Su)	Quorn spaghetti Bolognese (G,E)	Chinese Vegetable Stir Fry with noodles (E,So ,G)	Homemade Vegetable and potato Samosa served with mango chutney (G,Mu)
veg EXTRA GOOD	Roasted Carrots Peas	Baked beans leeks	Green Beans Broccoli	Sweetcorn Roasted courgettes	Baked beans Garden peas
Carbs FUEL FOOD	Baked Half Jacket	Creamy Mashed Potato (Mk)			Baked oven chips
Dessert SOMETHING SWEET	Chocolate Chip Cake (G,Mk,E,So)	Oaty flapjack (G)	Raspberry Jam Sponge (G,Mk,E)	Pancakes with toppings (G,Mk,E)	Cut fruit

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
JANUARY
25th - Burns Night

Purple
FEBRUARY
21st - Pancake Day

Red
MARCH
6th - British Pie Week

Orange
APRIL
24th - St George's Day

ALLERGENS

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide



WEEK 2

WC 23rd Jan, 20th Feb, 13th March

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains HAPPY TUMS

Vegetable rice jambalaya
(Mu)

Baked Italian Lasagne with parmesan
(G,Mk)

Roast pork, homemade stuffing and roast gravy
(G)

BBQ chicken and vegetable wrap
(G,Mk,Mu)

Breaded fishcakes
(G,F)

Veggie MEAT FREE

Cheese and spinach omelette
(Mk,E)

Roasted Mediterranean Vegetable Lasagne
(G,Mk)

Chinese vegetables with noodles
(G,E)

BBQ Quorn and Vegetable Wrap
(G,E,Mk,Mu)

Cheese & Tomato Puff Pastry slice
(G,Mk,E)

veg EXTRA GOOD

Cauliflower
Sweetcorn

Green Beans
Coleslaw
(E)

Carrots
Broccoli

Chef's salad
Sweetcorn

Baked Beans
Garden peas

Carbs FUEL FOOD

Steamed rice

Garlic bread
(G)

Roast new Potatoes

Savoury Rice

Baked Oven chips

Dessert SOMETHING SWEET

Lemon Sponge and custard
(G,Mk,E)

Jelly

Chocolate Sponge
(G,Mk,E)

Apple & Berry Crumble with custard
(G,Mk,E)

Ice cream
(Mk,So)

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WEEK 3

WC 30th Jan, 27 Feb, 20th March

MENU

Eat the **Rainbow**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Macaroni and cheese (G,Mk)	Beef tacos	Oven baked crispy chicken	Ham & Cheese Pizza (G,Mk,So)	Breaded fish fingers or battered fish fillet (G,F)
Veggie MEAT FREE	Mild vegetable Curry served with mango chutney and rice	Veggie tacos	Tomato and basil risotto (Mk)	Margherita Pizza (G,Mk,So)	Baked gnocchi with tomato and basil sauce (G,Mk,E So)
veg EXTRA GOOD	Green Beans Peas	Peas Broccoli	Roasted leeks Coleslaw (E)	Sweetcorn Chef's Salad	Baked beans Garden peas
Carbs FUEL FOOD		Potato wedges	New potatoes	Potato Wedges	Baked Oven Chips
Dessert SOMETHING SWEET	Jam and coconut sponge (G,Mk,E)	Shortbread tray bake (G)	Jelly	Pear and cinnamon crumble with custard (G,Mk,E)	Fruit salad

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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