

Week 1

MENU

mindful
food
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Macaroni cheese bake (G,Mk0)	Pepperoni pizza (G,So,Mk)	Roast chicken and roast gravy	Beef lasagne (G,Mk)	Breaded fish fingers (G,F)
VEGGIE MEAT FREE	Vegetable and Quorn curry (E)	Margherita pizza (G,So,Mk)	Lentil roast with veggie gravy (Mu,G,Ce)	Roasted vegetable lasagne (G,Mk)	Gnocchi with tomato sauce and mozzarella (G,So,Mk,E)
VEG EXTRA GOOD	Roasted carrots Broccoli	Sweetcorn Green beans	Steamed cabbage Cauliflower	Green beans Carrots	Baked beans Garden peas
CARBS FUEL FOOD	Steamed Rice	Seasoned wedges	Roast potatoes	Garlic bread (G,So,Mk)	Baked oven chips
DESSERT SOMETHING SWEET	Warm chocolate brownie (Mk,E,G)	Sugar-free Banana cake (Mk,E,G)	Fresh fruit jelly pots	Orange and turmeric loaf cake (G,Mk,E)	Fresh fruit salad

Homemade bread, salad bar, cold desserts and fresh fruit available daily



JANUARY OATS
20th - Hungry Caterpillar Day

FEBRUARY EGGS

MARCH BULGUR WHEAT
3rd - World Book Day

APRIL PUMPKIN SEEDS
22nd - St. George's Day

Dates

3dr Jan, 24th Jan and 14th Feb

Allergens

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

Week 2

MENU

mindful
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	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Cream cheese, red onion and spinach pasta bake (G,Mk)	Hot dog (G,Su,Se)	Roast Turkey, stuffing and roast gravy (G)	Beef bolognaise	Breaded fish fillet (G,F)
VEGGIE MEAT FREE	Five bean Chilli (E,Ce,Su)	Vegetarian sausage hot dog (G,Su,So,Se,Mu)	Macaroni Cheese (G,Mk)	Soya Mince and lentil Bolognaise (So,G)	Cheddar Cheese and Leek Tart (G,Mk,E)
VEG EXTRA GOOD	Sweetcorn Green beans	Cauliflower Baked beans	Carrots Courgettes	Broccoli Leeks	Baked Beans Garden peas
CARBS FUEL FOOD	Baked potato wedges	Half Jackets	Roast new potatoes	Penne pasta (G) Garlic bread (G,So,Mk)	Baked Oven chips
DESSERT SOMETHING SWEET	Banana and toffee crumble with custard (G,Su,Mk)	Sugar free spiced carrot cake with orange cream cheese frosting (Mk,E,G)	Fresh fruit jelly pot	Beetroot & chocolate cake (G,Mk,E)	Fresh fruit salad

Homemade bread, salad bar, cold desserts and fresh fruit available daily



JANUARY OATS
20th - Hungry Caterpillar Day

FEBRUARY EGGS

MARCH BULGUR WHEAT
3rd - World Book Day

APRIL PUMPKIN SEEDS
22nd - St. George's Day

Dates

10th Jan and 31st Jan

Allergens

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

Week 3

MENU

mindful
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BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Tomato and penne pasta bake with cheesy top (G,Mk)	Mild Peri Peri chicken (Su,E,G)	Pork sausages (Su,E)	Beef burger in a bun (G,)	Breaded fish fingers (G,F)
VEGGIE MEAT FREE	Vegan Tandoori cauliflower Taka Dhal with rice (G,Ce)	Peri Peri sweet potato steaks (Su,E,G)	Veggie sausages (Su,E)	Veggie burger in a bun (G,E)	Cheese and onion sausage roll (G,Mk,E)
VEG EXTRA GOOD	Garden peas Carrots	Sweetcorn Courgettes	Peas Cauliflower	Chef's salad Sweetcorn	Baked beans Garden peas
CARBS FUEL FOOD		Steamed rice	Creamy mash	Seasoned baked wedges	Baked oven chips
DESSERT SOMETHING SWEET	Apple and cinnamon crumble with custard (G,Mk)	Sugar free banana flapjack (G)	Fresh fruit jelly pot	Pear sponge with custard (G,Mk,E)	Fresh fruit salad

Homemade bread, salad bar, cold desserts and fresh fruit available daily



JANUARY OATS
20th - Hungry Caterpillar Day

FEBRUARY EGGS

MARCH BULGUR WHEAT
3rd - World Book Day

APRIL PUMPKIN SEEDS
22nd - St. George's Day

Dates

17th Jan and 7th Feb

Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide