

WEEK 1

Jan 15, Feb 5, Feb 26,
Mar18, Apr 8

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Cream cheese ,red onion
and spinach pasta bake
(G,Mk)

Beef tacos

Roast turkey and gravy
Sage and onion stuffing
balls (G)

Chicken and sweetcorn
puff pastry pie
(G,Mk)

Battered pollock, lemons
& tartare sauce
(G,Su,F,E)

Or

Fish fingers (G,F)

Veggie
MEAT FREE

Five bean chilli with rice

Quorn mince tacos

Butternut squash and
cherry tomato crumble
(G,Mk)

Creamy
vegetable pot pie
(G,Mk,E)

Cheese, tomato and
roasted onion quiche
(G,Mk,E)

veg
EXTRA GOOD

Chef's salad

Sweetcorn

Broccoli

Carrots

Steamed cabbage

Cauliflower

Green beans

Garden peas

Baked beans

Carbs
FUEL FOOD

Homemade garlic bread
(G,So)

Savoury Rice

Roast potatoes

Fluffy mash potato

Chips

Dessert
SOMETHING SWEET

Cinnamon spiced
pear and apple
crumble with custard
(G,Mk)

Jelly pots

Rice pudding with
strawberry jam
(Su,Mk)

Chocolate marble cake
(G,E)

Cut fruit

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

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - St George's Day

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

Jan 22, Feb 12, Mar 4,
Mar 25, Apr 15,

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Cheesy tomato pasta
bake
(G,Mk)

Cottage pie with crunchy
sweet potato mash
(Su,So,Mk,Ce)

Roast chicken and gravy

Sage and onion
stuffing balls (G)

Ham and pineapple
focaccia pizza
(G,Mk,E)

Battered pollock, lemons
& tartare Sauce
(G,Su,F,E)
or
Fish finger hot dogs
(G,Se,F,E)

Veggie

MEAT FREE

Vegetable curry with rice

Veggie cottage pie
with crunchy sweet
potato mash
(Su,So,Mk,Ce)

Veggie
sausage rolls
(G,E)

Margherita
focaccia pizza
(G,Mk,E)

Spinach and mozzarella
gnocchi bake bake
(G,So,Mu,Mk,E,Ce)

veg

EXTRA GOOD

Green beans
Sweetcorn

Steamed broccoli

Roast swede

Steamed cabbage

Roasted carrots
and parsnips

Classic coleslaw
(Su,Mu,Mk,E)

Chef's Salad

Garden peas

Baked beans

Carbs

FUEL FOOD

Steamed rice

Roasted new potatoes

Baked potato wedges

Chips

Dessert

SOMETHING SWEET

Lemon cake (G,E)

Pineapple upside down
cake
(G,E)

Shortbread biscuits
(G)

Jelly pots

Fruit salad

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

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WEEK 3

Jan 29, Feb 19, Mar 11,
Apr 1, Apr 22

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Sweet and sour
vegetable stir fry with
noodles
(G,E,So)

Creamy chicken
korma curry
(Mu,Mk)

Roast pork, gravy
and apple sauce

Sage and onion
stuffing
(G)

Italian beef and
mozzarella pasta bake
(G,Mk,E)

Battered pollock, lemons
& tartare sauce
(G,Su,F,E)
or
Fish fingers (G,F)

Veggie

MEAT FREE

Mexican chilli
con veggie (G)
with crushed nachos
and sour cream (Mk)

Potato and chick pea
southern Indian curry
(So,Mk)

Cheesy leek and
carrot crumble
(G)

Roasted vegetable and
mozzarella pasta bake
(G,Mk,E)

Cheese and onion
puff pastry patty
(G,So,Mk,E)

veg

EXTRA GOOD

Sweetcorn and peppers

Cauliflower

Roast carrots

Green beans

Braised red
cabbage (G)

Leeks

Italian marinated
coleslaw (Su)

Chef's salad

Garden peas

Baked beans

Carbs

FUEL FOOD

Bombay potatoes
or
Turmeric rice

Roasted potatoes

Homemade garlic
bread
(G,So)

Chips

Dessert

SOMETHING SWEET

Oaty apple crumble
with custard
(G,Mk)

Anzac biscuit
(G,Su)

Chocolate sponge cake
(G,Mk,E)

Jelly pots

Fruit salad

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