

Menu

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Pepperoni pizza
(So,Mk)
Gluten free
pizza base

Roast chicken
and roast gravy

Gluten free
pasta bolognaise

Gluten free fish
fingers

Vegetable and
Quorn curry (E)

Roasted carrots

Broccoli

Steamed Rice

Egg, Milk and
Gluten free
chocolate cake

Sweetcorn

Green beans

Seasoned
wedges

Egg ,Milk and
Gluten free Carrot
caked

Steamed
cabbage
Cauliflower

Roast potatoes

Fresh fruit jelly
pots

Green beans

Carrots

Sugar free
banana flapjack
(G)

Baked beans

Garden peas

Baked oven
chips

Fresh fruit salad

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

DATES

6th Sep, 27th Sep, 18th Oct, 15th
Nov and 6th Dec

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

Allergens



**SEPTEMBER
SWEETCORN**

8th - American Day

**OCTOBER
APPLES**

6th - German Day

**NOVEMBER
BUTTERNUT**

5th - Bonfire Night

**DECEMBER
CELERIAC**

1st - 16th
12 Days of Christmas



Menu

week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Gluten free Hot
dog
(Su,Se)

Roast Turkey,
stuffing and roast
gravy (G)

Gluten free fish
fingers
(F)

Veggie
MEAT FREE

Five bean Chilli
(E,Ce,Su)

Soya Mince and
lentil gluten free
Bolognaise (So)

veg
EXTRA GOOD

Sweetcorn

Cauliflower

Carrots

Broccoli

Baked Beans

Green beans

Baked beans

Courgettes

Leeks

Garden peas

carbs
FUEL FOOD

Baked potato
wedges

Half Jackets

Roast new
potatoes

Baked Oven chips

Dessert
SOMETHING SWEET

Egg, Milk and
Gluten free vanilla
cake

Egg, Milk and
Gluten free
chocolate cake

Fresh fruit jelly
pot

Egg, Milk and
Gluten free Carrot
caked

Fresh fruit salad

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

DATES

13th Sep, 4th Oct, 1st Nov, 22nd
Nov, 13th Dec

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

Allergens



**SEPTEMBER
SWEETCORN**

8th - American Day

**OCTOBER
APPLES**

6th - German Day

**NOVEMBER
BUTTERNUT**

5th - Bonfire Night

**DECEMBER
CELERIAC**

1st - 16th
12 Days of Christmas



Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Mild Peri Peri
chicken

Pork sausages
(Su,E)

Beef burger
in a gluten free
bun
(Se)

Gluten free fish
fingers
(F)

Vegan Tandoori
cauliflower Taka
Dhal with rice

Veggie sausages
(Su,E)

Garden peas

Sweetcorn

Peas

Chef's salad

Baked beans

Carrots

Courgettes

Cauliflower

Sweetcorn

Garden peas

Steamed rice

Creamy
mash

Seasoned
baked wedges

Baked
oven chips

Sugar free
banana flapjack
(G)

Egg, milk and
Gluten free
vanilla cake

Fresh fruit jelly
pot

Egg, Milk and
Gluten free
chocolate cake

Fresh fruit salad

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

Dates

20th Sep, 11th Oct, 8th Nov and
29th Nov

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

Allergens



**SEPTEMBER
SWEETCORN**

8th - American Day

**OCTOBER
APPLES**

6th - German Day

**NOVEMBER
BUTTERNUT**

5th - Bonfire Night

**DECEMBER
CELERIAC**

1st - 16th
12 Days of Christmas

