Menu
week 1

	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.

SEPTEMBER SWEETCORN
8th – American Day

OCTOBER APPLES
6th – German Day

NOVEMBER BUTTERNUT
5th – Bonfire Night

DECEMBER CELERIAC
1st – 16th 12 Days of Christmas

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

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

Menu
week 2

	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.

SEPTEMBER SWEETCORN
8th – American Day

OCTOBER APPLES
6th – German Day

NOVEMBER BUTTERNUT
5th – Bonfire Night

DECEMBER CELERIAC
1st – 16th 12 Days of Christmas

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

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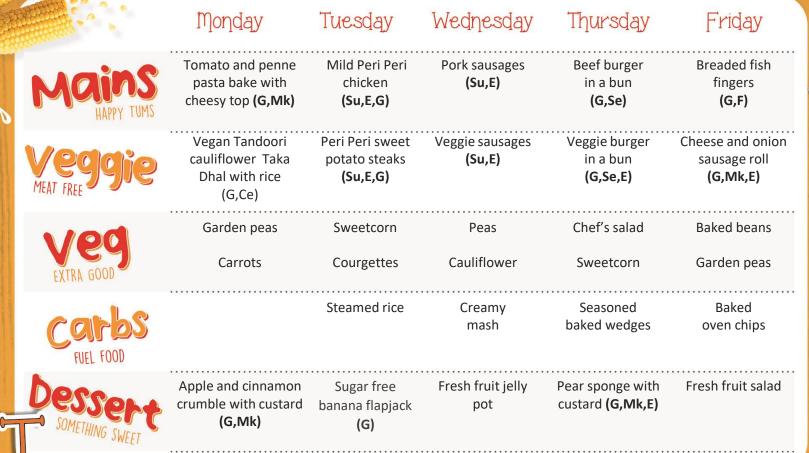Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Menu
week 3

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	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,Se)**	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,Se,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.

SEPTEMBER SWEETCORN
8th – American Day

OCTOBER APPLES
6th – German Day

NOVEMBER BUTTERNUT
5th – Bonfire Night

DECEMBER CELERIAC
1st – 16th
12 Days of Christmas

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

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