

Menu

Week 1



	mon	TUES	WED	THU	FRI
Mains HAPPY TUMS	Meat Free Monday	Chicken tikka masala (G), naan bread, (Mk,G), mango chutney, mint and yoghurt sauce (Mk)	Sliced roast gammon and pan gravy (G,Ce), sage and onion stuffing (Mk,E,G) and apple sauce	Chilli con carne with mixed beans (Mu)	Breaded cod fish fingers (F,G) served with ketchup and chunky tartare sauce (Su,Mu,Mk,E)
Veggie MEAT FREE	Penne pasta with green pesto or tomato sauce with cheddar cheese (G,Mk)	Spinach, sweet potato and lentil dahl (Mk,G), naan bread (Mk,G), mango chutney, mint and yoghurt sauce (Mk)	Roast vegetarian Patties with gravy (E,G,Ce)	Spinach and cheddar wholemeal quiche (Mk,E,G)	Macaroni cheese bake (So,Mk,G,Se)
veg EXTRA GOOD	Sweetcorn ... Broccoli	Roasted cauliflower ... Courgettes	Roasted carrots ... Steamed cabbage	Green beans ... Mashed swede (Mk)	Baked beans ... Courgettes
carbs FUEL FOOD	Pasta (G)	Pilau rice (Mk)	Crispy roasted potatoes	Steamed rice (G,Ce)	Oven baked chips
Dessert SOMETHING SWEET	Apple and mixed berry crumble with custard (Mk,G,E)	Ginger cake (Mk,E,G)	Chocolate chip banana bread (So,Mk,E,G)	Jam sponge and custard (Mk,E,G)	Short bread biscuit (G,Mk)

Fresh bread, salad and fresh fruit available daily.

JANUARY LEEKS
26TH - AUSTRALIA DAY

FEBRUARY PARSNIPS
11TH - CHINESE NEW YEAR

MARCH SPINACH
24TH - INDIAN DAY

APRIL NEW POTATOES
23RD - ST GEORGE'S DAY

Dates

4th January, 1st February
and 8th March

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 2



Mains

HAPPY TUMS

Meat Free Monday

Classic beef burgers served in a bun
(G)

Roast turkey With gravy
(None)

Jamaican jerk spiced Chicken
(None)

Batter crisp Pollock fillet, Tartare sauce and lemon wedges
(G,Mu,F,E)

Veggie

MEAT FREE

Sweet and sour stir fried Quorn
(E,G)

Falafel burger Served in a bun
(G)

Autumn casserole
(None)

Mediterranean Vegetable moussaka
(So,Mk,G)

Cheese and onion patties
(G,Se,Mk,E)

veg

EXTRA GOOD

Peas
...
Broccoli

Chef's mixed salad
...
Green beans

Roasted carrots
...
Steamed cabbage

cauliflower
...
Sweetcorn

Garden peas
...
Baked beans

carbs

FUEL FOOD

Steamed rice

Oven baked chips

Crispy new potatoes

Steamed rice

Oven baked chips

Dessert

SOMETHING SWEET

Eve's pudding with custard
(Mk,E,G)

Pear and apricot crumble with custard
(Mk,G)

Carrot cake
(Mk,E,G)

Chocolate sponge and chocolate sauce
(Mk,E,G)

Strawberry Cheesecake
(Mk,G)

Fresh bread, salad and fresh fruit available daily.



Dates
11th January, 8th February
and 15th March

Ce = Celery
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E = Eggs

F = Fish
G = Cereals
containing Gluten

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Mk = Milk
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Allergens

Menu

Week 3



**THE FRESH LITTLE
ALLOTMENT**
SEASONALLY FRESH, PERFECTLY PICKED

Mains

HAPPY TUMS

**Meat Free
Monday**

Pork sausages **(Su,G)**
or
Chicken sausages
(Su,G) with classic
gravy **(G)**

Roasted chicken
With gravy
(None)

Turkey curry ,
mint yoghurt
and mango chutney
(Mk,G,Ce)

Breaded cod fish
fingers **(F,G)** served
with ketchup and
chunky tartare sauce
(Su,Mu,Mk,E)

Veggie

MEAT FREE

Mixed vegetables and
stir fry noodles
(So,G,E)

Vegetarian sausages
(Su,G) with veggie
gravy **(G)**

Veggie cottage pie
served with veggie
gravy
(So,Mk,G,Ce)

Vegetarian mince
keema pattie
(So,Mu,E,G)

Spinach and pepper
quiche
(Mk,E,G)

veg

EXTRA GOOD

Sweetcorn
...
Broccoli

Garden peas
...
Baked beans

Carrots
...
Sweetcorn

Cauliflower
...
Green beans

Baked beans
...
Garden peas

carbs

FUEL FOOD

Noodles
(E,G)

Creamy mash
(Mk)

Roast Potatoes

Steamed rice

Baked oven chips

Dessert

SOMETHING SWEET

Apple crumble with
custard
(Mk,E,G)

Jam pudding
(Mk,E,G)

Lemon drizzle cake
(Mk,E,G)

Rhubarb cake
(Mk,E,G)

Sticky toffee pudding
(Su,Mk,E,G)

Fresh bread, salad and fresh fruit available daily.



**JANUARY
LEEKs**

26TH - AUSTRALIA DAY

**FEBRUARY
PARSNIPS**

11TH - CHINESE NEW YEAR



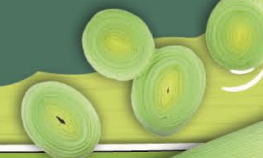
**MARCH
SPINACH**

24TH - INDIAN DAY

**APRIL
NEW**

POTATOES

23RD - ST GEORGE'S DAY



Dates

18th January, 22nd February
and 22nd March

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
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Menu

Week 4



Mains

HAPPY TUMS

Meat Free Monday

Beef spaghetti bolognaise (None)

Chicken sausage with gravy (Mk,E,G) (Su,So,Se)

Slow cooked shredded chicken tacos with spicy beans and sour cream (Su,So,Mu,Mk,G,Ce)

Battered fish fillet (F,G) Salmon fishcake (F,G) served with ketchup and chunky tartare sauce (Su,Mu,Mk,E)

Veggie

MEAT FREE

Classic Margherita pizza (So,Mk,G) Dipping sauces, garlic mayonnaise (E), sweet chilli sauce or BBQ sauce

Vegetable bolognaise (G,E)

Mixed bean and vegetable burrito (G,Mk)

Pumpkin and lentil stew (G)

Arancini balls (Mk,E,G)

veg

EXTRA GOOD

BBQ beans
Sweetcorn

Cauliflower
Green beans

Steamed cabbage
Roasted carrots
Garden peas

Sweetcorn
Broccoli

Garden peas
Mushy peas
Baked beans

carbs

FUEL FOOD

Potato Wedges

Spaghetti (G)

Crispy roasted potatoes

Steamed rice

Baked oven chips

Dessert

SOMETHING SWEET

Banana cake (Mk,E,G)

Sticky cake (Mk,E,G)

Eton mess (Mk,E)

Warm chocolate brownie and ice cream (Mk,E,G)

Mixed berry flapjack (G)

Fresh bread, salad and fresh fruit available daily.



Dates

25th January, 1st March and 29th March

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