






WEEK 1

5th SEP, 3RD OCT, 7TH
NOV, 5TH DEC

MENU

Eat the
Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Moroccan vegetable and chickpea tagine	Oven baked sausages (G,SU)	Beef bolognaise pasta Bake (G,MK)	Ham and cheese pizza (G,SO,MK)	Breaded fish fingers (G,F)
Veggie MEAT FREE	Vegetable tortilla wrap with tomato sauce (G,MU) 	Veggie sausages (G, So) 	Vegetable and spinach pasta bake (G,) 	Vegan pizza (G) 	Curried Vegetable and Lentil Pasties (G) 
veg EXTRA GOOD	Roasted carrots Peas	Baked beans Broccoli	Peas Cauliflower	Sweetcorn Cabbage slaw (E)	Baked beans Garden peas
Carbs FUEL FOOD	Cous cous (G)	Mashed potato (MK)	Garlic focaccia (G,MK)	Potato wedges	Baked oven chips
Dessert SOMETHING SWEET	Chocolate cake with chocolate custard (G,MK,E)	Fresh fruity jelly	Jam and coconut sponge with custard (G,MK,E)	Lemon cheesecake (G,MK,E)	Fruit salad

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

Red
September

Orange
October
6th - Superhero Day
31st - Halloween

Yellow
November
21st - World Cup

White
December
Christmas Market

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

12TH SEP, 10TH OCT, 14TH
NOV, 12TH DEC

MENU

Eat the
Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Macaroni and cheese (G,MK)	Baked lasagne (G,MK)	Roast turkey, stuffing and roast gravy (G)	BBQ pulled pork wrap (G,CE)	Breaded fish fingers (G,F)
Veggie MEAT FREE	Mixed vegetable curry 🌱	Vegetable lasagne (G) 🌱	Quorn Fillets (G) 🌱	Vegetable burger in a bun with tomato sauce (G,Se) 🌱	Penne pasta with grated courgette and Tomato sauce (G) 🌱
veg EXTRA GOOD	Peas Carrots	Broccoli Sweetcorn	Carrots Green beans	Chef's salad Sweetcorn	Baked beans Garden peas
Carbs FUEL FOOD	Steamed rice	Garlic bread (G,SO,MK)	Roast new potatoes	Half jackets	Baked oven chips
Dessert SOMETHING SWEET	Lemon sponge and custard (G,MK,E)	Fresh fruity jelly	Fruity flapjack (G)	Chocolate rice crispy cake (G,SO,MK)	Fruit salad

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WEEK 3

19th SEP, 17th OCT, 21st NOV

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	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Vegetarian shepherd's pie (SU,SO,MK,G,CE)	BBQ chicken (SU,SO,G,CE)	Burger in a bun with tomato sauce (G,SE)	Sausage and baked bean casserole (SU,G)	Breaded fish fingers (G,F)
Veggie MEAT FREE	Cajun vegetable jambalaya with roasted pineapple (Mu) 	Five bean Chilli (Ce,Su,So) 	Roast Vegetarian loaf (G) 	Veggie sausage and baked bean casserole (SU,SO,G) 	Chick pea and corn burger (G,Se) 
veg EXTRA GOOD	Broccoli Baked beans	Sweetcorn courgettes	Chef's salad Coleslaw (E)	Leeks Sweetcorn	Baked beans Garden peas
Carbs FUEL FOOD	Rice	Savoury rice with peppers	Potato wedges	Mashed potato (MK)	Baked oven chips
Dessert SOMETHING SWEET	Chocolate marble cake (G,MK,E)	Fresh fruit jelly	Cornflake tart and custard (G,MK,E)	Lemon blondie (G,E)	Fruit salad

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WEEK 4

26TH SEP, 31ST OCT, 28TH NOV

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Eat the **Rainbow**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Mixed roasted sweet pepper, wholemeal quiche (Mk, E, G)	Beef keema curry with mango chutney	Savoury sausage meat puff pastry platt with gravy (G, E)	Chicken, tomato and mozzarella baked wrap (MU, MK, G)	Breaded fish fingers (G, F)
Veggie MEAT FREE	Vegetable Byriani 	Potato and vegetable samosa (G, MU) 	Lentil and vegetables pie (G) 	Vegetable, tomato baked wrap (G, MU) 	Vegetarian sausage roll (G, So) 
veg EXTRA GOOD	Garden peas Carrots	Peas Carrots	Sweetcorn Curly kale	Broccoli Chefs' salad	Garden peas Baked beans
Carbs FUEL FOOD	Rice	Steamed rice	Mashed potato (MK)	Diced potatoes	Baked oven chips
Dessert SOMETHING SWEET	Banana and apple crumble with custard (G, Mk)	Shortbread (G)	Pear sponge with custard (G, MK, E)	Fresh fruit jelly	Apple flapjack (G)

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