

WEEK 1

15 Apr, 06 May, 03 Jun,  
24 Jun, 15 Jul

# MENU

## Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Mild Vegetable  
Chilli Con Carne  
**(So)**

Mild Chicken Curry  
**(none)**

Roast Chicken with  
Sage and Onion  
Stuffing and Gravy  
**(G)**

Meatball Marinara  
Pasta Bake  
**(Mk, G)**

Fish Fingers  
**(F, G)**

### Veggie

MEAT FREE

Macaroni  
and Cheese  
**(Mu, Mk, G)**

Mild Vegetable Curry  
**(none)**

Butternut Squash,  
Leek and Onion  
Wellington  
**(Mk, E, G)**

Vegetarian  
Cottage Pie  
**(So, Ce)**

Cheese, Pea and  
Spinach Quiche  
**(Mk, E, G)**

### veg

EXTRA GOOD

Chefs Seasonal Salad

Sweetcorn  
Broccoli

Roasted Carrots  
Steamed Cabbage

Roasted Carrots

Garden Peas  
Baked Beans

### Carbs

FUEL FOOD

Steamed Rice

Turmeric Rice

Roast Potatoes

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fruit Crumble  
with Custard  
**(So, Mk, E, G)**

Jelly pots

Lemon Drizzle Cake  
**(Mk, E, G)**

Dorset Apple Cake  
**(Mk, E, G)**

Selection of Fruit

## Orange

APRIL  
23rd - St George's Day

## Yellow

MAY  
16th - Outer Space Day  
23rd - National Biscuit Day

## Green

JUNE  
18th - Teddy Bears' Picnic

## Purple

JULY  
4th - World Chocolate Day  
The Olympics

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

### 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

22 Apr, 13 May, 10 Jun,  
01 Jul, 22 Jul

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Tomato and Basil Pasta  
(G)

Mild Beef Chilli Con Carne  
(none)

Roast Pork with Apple Sauce and Gravy  
(none)

Pepperoni Pizza  
(Mk, E, G)

Fish Cakes  
(Mu, Mk, F, G)  
with Tartar Sauce  
(Su, E)

**Veggie**  
MEAT FREE

Creamy Mushroom Pasta  
(Mk, G)

Mild Vegetable Chilli Con Carne  
(So)

Vegetable Sausage Rolls  
(E, G)

Margarita Pizza  
(Mk, E, G)

Mixed Bean and Vegetable Burrito  
(Mu, Mk, G)

**veg**  
EXTRA GOOD

Green Beans  
Steamed Carrots

Steamed Broccoli  
Sweetcorn

Steamed Cabbage  
Roasted Parsnips

Classic Coleslaw  
(Su, Mu, Mk, E)

Baked Beans  
Garden Peas

**Carbs**  
FUEL FOOD

Home-made Garlic Bread  
(G)

Savoury Rice

Roasted New Potatoes

Oven Baked Potato Wedges

Oven Baked Chips

**Dessert**  
SOMETHING SWEET

Chocolate Chip Pudding with Chocolate Sauce  
(Mk, E, G, So)

Apple Flapjack  
(G)

Jelly Pots

Toffee Drizzle Traybake  
(Mk, E, G, Su)

Selection of Fruit

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

**Orange**  
APRIL  
23rd - St George's Day

**Yellow**  
MAY  
16th - Outer Space Day  
23rd - National Biscuit Day

**Green**  
JUNE  
18th - Teddy Bears' Picnic

**Purple**  
JULY  
4th - World Chocolate Day  
The Olympics

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WEEK 3

29 Apr, 20 May,  
17 Jun, 08 Jul

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Cherry Tomato,  
Spinach &  
Pesto Pasta  
**(G, Mk)**

Spaghetti  
Bolognaise  
**(G)**

Roasted Chicken  
with Sage and Onion  
Stuffing and Gravy  
**(G)**

Sweet and Sour Stir Fry  
Chicken  
**(So, G)**

Battered Pollock  
Fillet  
**(F, G)**

**Veggie**  
MEAT FREE

Roasted Vegetable  
and Bean Crumble  
with Gravy  
**(Mu, Mk, G)**

Veggie Mince  
Spaghetti Bolognaise  
**(So, G)**

Vegetarian Sausage  
with Gravy  
**(G, Ce)**

Sweet and Sour Stir Fry  
Quorn with Julienne  
Vegetables  
**(So, E, G)**

Cheese & Onion  
Pasty  
**(Mk, Mk)**

**veg**  
EXTRA GOOD

Sweetcorn

Chefs Salad

Green Beans

Sautee Green Beans

Baked Beans  
Garden Peas

**Carbs**  
FUEL FOOD

Steamed Rice

Home-made  
Garlic Bread **(G)**

Roasted Potatoes

Egg Noodles  
**(E, G)**

Oven Baked Chips

**Dessert**  
SOMETHING SWEET

Jam & Coconut  
Traybake  
**(Mk, E, G)**

Jelly Pots

Shortbread Biscuits  
**(G)**

Banana Cake  
**(E, G)**

Ice Cream Pots  
**(Mk)**

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

**Orange**  
APRIL  
23rd - St George's Day

**Yellow**  
MAY  
16th - Outer Space Day  
23rd - National Biscuit Day

**Green**  
JUNE  
18th - Teddy Bears' Picnic

**Purple**  
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