

Menu

Week 1



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Meat free day

Beef spaghetti
bolognaise
(G)

Roast chicken with
sage and onion
stuffing and pan gravy
(G)

Minced beef pie with
shortcrust pastry
(G,Mk,Ce)

Cod fish fingers
Tartare sauce and
lemon wedges
(G,Su,F,E)

Veggie
MEAT FREE

Chick pea vegetable
paella

Veggie lentil
Bolognaise
(G,Mk,E)

Cream cheese, red
onion and spinach
pasta bake
(G,Mk)

Indian spiced
vegetable strudel
With mango chutney
(G,Mu,,Mk)

Homemade pea &
Potato samosa
(G,Mu,Mk)

veg
EXTRA GOOD

Roast Mediterranean
vegetables
Steamed broccoli

Sweetcorn
Courgettes

Roasted carrots
Cabbage

Cauliflower
Green beans

Garden peas
Baked beans

carbs
FUEL FOOD

Spaghetti

Roast potatoes

Creamy mashed
potato
(Mk)

Baked oven chips

Dessert
SOMETHING SWEET

Orchard crumble
with custard
(G,Mk)

Butterscotch bread
pudding with custard
(G,Su,So,Mk,E)

Rice crispy cake
(MK)

Lemon & lime drizzle
cake
(G,Mk,E)

Jam sponge
(G,So,Mk)

Salad bar, cold desserts and fresh fruit available daily.

MARCH
SPINACH

5th - World Book Day

APRIL
NEW
POTATOES

23rd - St George's Day

MAY
BASIL

5th - Europe Day

JUNE
BEETROOT

3rd - 11th Environment Week

JULY
MINT

7th - Wimbledon Day

Dates

19th April, 17th May, 21st
June, 19th July

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



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains

HAPPY TUMS

Meat free day

Spanish style chicken
Chorizo and potato
tray bake
(So,Mk)

Savoury minced beef
and dumplings
(G,So,Mk,E,Ce)

Pork butchers
sausages with gravy
(G,Su)

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

Veggie

MEAT FREE

Vegetable tacos with
grated cheese
(Mk,G)

Spanish omelette
With cheddar,
potatoes and peas
(Mk,E)

Vegan Puy lentil
shepherd's pie with
sweet potato
(So,G,Ce)

Quorn veggie
sausages
With gravy
(E)

Oven baked gnocchi
with tomato,
mozzarella & pesto
served with garlic
bread.
(G,So,Mk,E)

veg

EXTRA GOOD

Rainbow slaw
Sweetcorn

Steamed broccoli
Roasted carrots

roasted kale
Green beans

Courgettes
sweetcorn

Garden peas
Baked beans

carbs

FUEL FOOD

Mexican tomato rice
(G,Ce)

New potatoes

Creamy mashed
potato
(Mk)

Baked oven chips

Dessert

SOMETHING SWEET

Apple and cinnamon
pie with shortcrust
pastry and custard
(G,Mk,E)

Banana cake with
cream cheese frosting
(G,Mk,E)

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

Steamed chocolate
chip pudding with
chocolate sauce
(G,So,Mk,E)

Baked Banoffee
cheesecake
(G,Mk,E)

Salad bar, cold desserts and fresh fruit available daily.

MARCH
SPINACH

5th - World Book Day

APRIL
NEW
POTATOES

23rd - St George's Day

MAY
BASIL

5th - Europe Day

JUNE
BEETROOT

3rd - 11th Environment Week

JULY
MINT

7th - Wimbledon Day

Dates

16th April, 24th May, 28th June

Allergens

Ce = Celery

Cr = Crustacean

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containing Gluten

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Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Meat free day

Slow cooked Jamaican jerk pork with sweet potato

Roast Norfolk turkey with apricot stuffing
Cranberry sauce & gravy
(G,Su,So,Se,Mk)

Classic beef burger served in a sesame seed bun
(G,Su,Se,Ce)

Cod fish fingers
Tartare sauce and lemon wedges
(G,Su,F,E)

Veggie
MEAT FREE

Tomato pesto pasta
(G,Mk)

Layered roasted vegetable, tomato Enchilada pie
(G,Mk)

Cherry tomato pesto & mozzarella puff pastry tart
(G,Mk)

Vegan chick pea and Corn burger
(G,SE)

Chinese vegetable spring rolls with sweet chilli & coriander sauce
(G,So,Se)

veg
EXTRA GOOD

Broccoli
Sweetcorn

Carrots
Courgettes

Curly kale
peas

Sweetcorn
Green Beans

Garden peas
Baked beans

carbs
FUEL FOOD

Garlic bread
(G,So,Mk)

rice and peas

Thyme roast potatoes

Potato wedges

Baked oven chips

Dessert
SOMETHING SWEET

Nutless Bakewell tart with custard
(G,Mk,E)

Steamed strawberry jam sponge pudding
(G,Mk,E)

Italian tiramisu
(G,Se,Mk)

Banana and chocolate crumble with custard
(G,So,Mk)

Lemon meringue pie
(G,Su,Mk,E)

Salad bar, cold desserts and fresh fruit available daily.

MARCH SPINACH

5th - World Book Day

APRIL NEW POTATOES

23rd - St George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

3rd - 11th Environment Week

JULY MINT

7th - Wimbledon Day

DATES

3RD May, 7th June, 5th July

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containing Gluten

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Menu

Week 4



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MARCH SPINACH

5th - World Book Day

APRIL NEW POTATOES

23rd - St George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

3rd - 11th Environment Week

JULY MINT

7th - Wimbledon Day

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Meat free day

Roast potato, turkey, sausage & stuffing pie
(G,Su,Mu,Mk)

Peri Peri marinated diced chicken

Chilli con carne
Crushed nachos and sour cream
(Mu,Mk)

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

Veggie
MEAT FREE

Tomato mozzarella Pizza
(G,Mk)

Macaroni, creamy cheese and leek crumble
(G,So,Se,Mk)

Sweet potato Feta & spinach puff pastry pie
(G,Mk,E)

Vegan Moroccan vegetable and chick pea stew
(G,So)

Keema vegetable Pattie
(G,So,Mu,E)

veg
EXTRA GOOD

Sweetcorn
Courgettes

Roasted cauliflower
Curly kale

Sticky honey carrots
Broccoli

Coriander roasted tomatoes
Green beans

Garden peas
Baked beans

carbs
FUEL FOOD

Creamy mashed potato
(Mk)

Cajun roasted new potatoes
(Mu)

Steamed rice

Oven baked chips

Dessert
SOMETHING SWEET

Roasted pineapple and ginger cake
(G,Mk,E)

Blueberry mess
(Mk,E)

Lemon and poppy seed pudding
(G,Mk,E)

Cornflake tart and custard
(G,Mk,E)

Apple upside down cake with custard
(G,Mk,E)

Salad bar, cold desserts and fresh fruit available daily.

Dates

10 May, 14th June, 12 July

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