

Menu

Week 1

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Tomato and cheese frittata
(E,Mk)

Bolognaise Pasta Bake
(G,Mk)

Roast pork served with Gravy
(none)

BBQ Chicken
(none)

Battered Fish Fillet with Home-Made Tartar Sauce
(G,F,E)

Veggie
MEAT FREE

Savoury Veggie Mince Casserole with Root Vegetables
(Ce,So)

Courgette and Tomato Pasta Bake
(G,Mk)

Leek and Cheddar Quiche
(G,E,Mk)

BBQ Quorn pieces
(E,G)

Breaded Veggie Fingers
(G,Se,E)

Veg
EXTRA GOOD

Peas
~~~~  
Steamed Cauliflower

Broccoli  
~~~~  
Sweetcorn

Carrots
~~~~  
Green Beans

Mixed Vegetables  
~~~~  
Coleslaw Salad

Steamed Broccoli
~~~~  
Baked Beans

**Carbs**  
EXTRA FILLING

Steamed Rice

Herb Bread  
**(G)**

Roast New Potatoes

Steamed rice

Oven Baked Chips

**Dessert**  
SWEET TREAT

Banana Upside Down Cake  
**(G,E,Mk)**

Cut fruit

Fruity Flavoured Jelly  
**(None)**

Ginger Flapjack  
**(G)**

Ice Cream  
**(Mk)**

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



## Dates

Week Commencing:  
06/01/2024,  
03/02/2024 and  
09/03/2024

## 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

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Macaroni cheese with crunchy topping  
**(G,Mk,So)**

Keema Beef Curry  
**(G,MK)**

Roast Chicken with Gravy  
**(None)**

Pork Banger Hot Dog with Onions and Ketchup  
**(G,Su)**

Fish Fingers with Ketchup  
**(G,F)**

## Veggie

MEAT FREE

Ratatouille Vegetables and Penne Pasta Bake with Basil  
**(G,Mk)**

Spring Vegetable and Lentil Curry  
**(G,Mk,So)**

Roast Vegetarian Loaf  
**(E,G)**

Veggie sausage Hot Dog with Onions and Ketchup  
**(G)**

Potato Onion and Spinach Omelette  
**(E,Mk)**

## Veg

EXTRA GOOD

Broccoli  
~~~~~  
Steamed Carrots

Cauliflower
~~~~~  
Sweetcorn

Baby Carrots  
~~~~~  
Steamed Cabbage and Leeks

Green Beans
~~~~~  
Roasted Courgettes

Garden Peas  
~~~~~  
Baked Beans

Carbs

EXTRA FILLING

Steamed New Potatoes

Rice

Roasted Potatoes

Potato wedgers

Oven Baked Chips

Dessert

SWEET TREAT

Carrot cake
(G,E,So)

Cut fruit

Fruity Flavoured Jelly
(NONE)

Chocolate Marble Cake
(E,Mk)

Cut mixed fruit

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

RHUBARB
January

BROCCOLI
February

SPRING ONIONS
March

SPINACH
April

Dates

Week Commencing:
13/01/2024,
10/02/2024 and
16/03/2024

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
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Menu

Week 3

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

Mains

HAPPY TUMS

Tarka Dahl with Spinach and Lentils
(None)

Ham, Sweetcorn and Mozzarella Pizza
(G,Mk,So)

Roast Turkey Breast with Gravy and Cranberry Sauce
(None)

Chicken and Mixed Bean Chilli
(Mu)

Battered Fish Fillet with Tartar Sauce
(G,F,E)

Veggie

MEAT FREE

Veggie Mince Bolognese
(G,So)

Margherita Pizza with Mozzarella Cheese
(G,Mk,E)

Roast Vegetable and Mozzarella Pasta Bake
(Ce,G,E,Mk)

Quorn and Vegetables Chilli con Carne
(Ce,E,Mu)

Veggie Tomato and Rice Wrap
(G,Mk,Mu)

Veg

EXTRA GOOD

Roasted Courgettes
Sweetcorn

Mediterranean Roasted Vegetables

Green Beans
Roast Parsnips

Broccoli
Steamed Carrots

Garden Peas
Baked Beans

Carbs

EXTRA FILLING

Penne Pasta
(G)

Spicy Potato Wedges

Roasted New Potatoes

Wholegrain Steamed Rice

Oven Baked Chips

Dessert

SWEET TREAT

Lemon Drizzle Cake
(G,E)

Cut fruit

Fruity Flavoured Jelly
(None)

Apple crumble with custard
(G,So,Mk)

Fruit salad

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

RHUBARB
January

BROCCOLI
February

SPRING ONIONS
March

SPINACH
April

Dates

Week Commencing:
20/01/2024,
24/02/2024 and
23/03/2024

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