

Menu

Week 1



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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Vegan Mince and Lentil
Bolognese with Pasta
(G,So)

Lamb and Vegetable
Curry with Mango
Chutney
(Mu)

Roast Chicken Thigh
With Yorkshire Pudding
and Gravy
(G,Mk,E)

Beef, Bean and Eat
Curious Chilli con Carne
with Crushed Nachos
(So)

Baked Fish Fingers
with Lemon Wedge and
Tartare Sauce
(F,G,E,Mu)



Veggie

MEAT FREE

Wholemeal Macaroni
Cheese with Leeks and
Cheddar
(G,Mk)

West African Chickpea
and Kale Curry with
Mango Chutney
(Mk,Mu)

Seasonal Vegetable and
Lentil Roast with Gravy
(G,E,Mk,So)

Eat Curious and Bean
Chilli non Carne
with Crushed Nachos
(So)

Baked Vegetable
Fingers with Lemon
Wedge and Tartare
Sauce
(G,E,Mu)



veg

EXTRA GOOD

Broccoli

Cauliflower

Honey Glazed Parsnips

Braised Kale

Garden Peas

Sliced Carrots

Sweetcorn

Green Beans

Roasted Carrots

Baked Beans



carbs

FUEL FOOD

New Potato Focaccia
(G)

Wholegrain and
White Rice

Mashed Potato
(Mk)

Mexican Style Rice

Oven Baked Chips



Dessert

SOMETHING SWEET

Fruit Platter

Lemon Drizzle Cake
(G,E,Mk)

Fruity Jelly

Pear Crumble with
Custard
(G,Mk)

Fruit platter

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



**JANUARY
LEEKS**

**FEBRUARY
PARSNIPS**



**MARCH
KALE**

**APRIL
NEW
POTATOES**



Look for this logo on
the menu to try a
yummy seasonal special!

Dates

05/01,26/01,16/02,09/03,30/3

Allergens: Please note the allergens shown within these menus are subject to change.

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

Menu

Week 2



**THE FRESH LITTLE
ALLOTMENT**

SEASONALLY FRESH, PERFECTLY PICKED



**JANUARY
LEEKS**

**FEBRUARY
PARSNIPS**



**MARCH
KALE**

**APRIL
NEW**

POTATOES



Look for this logo on
the menu to try a
yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Jacket Potato Bar:
Tuna Mayonnaise **(F,E)**
Chilli con Carne **(G)**
Beans and Cheese **(Mk)**

Slow Cooked Chicken
Tacos with Cheese
(G,Mk)

Beef, Leek and Eat
Curious Puff Pastry Pie
Served with Gravy
(G)



Honey and Barbeque
Glazed Chicken

Baked Salmon Fishcake
with Tartar Sauce
(G,Mk,E,Mu)

Veggie
MEAT FREE

Jacket Potato Bar:
Chilli non-Carne **(So,G)**
Cheesy Coleslaw
(Mk,E,So)
Beans and Cheese **(Mk)**

Slow Cooked Vegetable
Tacos
with Cheese
(G,Mk)

Roast Winter Root
Vegetable & Kale Filo
Parcel
(G)



Honey and Barbeque
Roasted Vegetables
with Cannellini Beans

Baked Veggie Fingers
(G)

veg
EXTRA GOOD

Top up your meal from
our Salad Bar

Mixed Vegetables

Steamed Cabbage

Roasted Parsnips



Sliced Carrots

Steamed Broccoli

Green Beans Tossed in
Braised Leeks
Baked beans



carbs
FUEL FOOD

Baked Waffle Fries

Roasted New Potatoes



Wholegrain and
White Rice

Chips

Dessert
SOMETHING SWEET

Fruit Platter

Chocolate cookie
(G,Mk,So)

Fruity Jelly

Cinnamon Shortbread
(G,Mk)

Fruit platter

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

Dates

12/01,02/02,23/02,16/03

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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 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Butternut Squash and Sage Macaroni Cheese
(G,Mk)

Mild Chicken Korma Curry
(Mk)

Roasted Pork and Leek Sausage with Onion Gravy
(G,Su)

Slow Cooked Lamb Mince Lasagne
(G,Mk,E)

Fish Fingers
(F,G)

Veggie

MEAT FREE

Penne Pasta with Kale Pesto, Spinach and Grated Parmesan
(G,E,Mk)

Mild Eat Curious and Vegetable Curry
(Mk)

Vegetable and Bean Cottage Pie served with Onion Gravy
(So)

Mediterranean Roast Vegetable Lasagne
(G,Mk,E)

Barbecue Falafel and Sweetcorn Pitta
(G)

veg

EXTRA GOOD

Steamed Seasonal Greens

Roasted Carrots

Sweetcorn with Peppers

Top up your meal from our Salad Bar

Garden Peas

Cauliflower

Green Beans

Honey Glazed Pars

Baked Beans

carbs

FUEL FOOD

Cheddar and Leek Focaccia
(G,Mk)

White and Wholegrain Rice

Mashed Potato
(Mk)

Home Baked Garlic Focaccia
(G)

Waffle Fries

Dessert

SOMETHING SWEET

Fruit Platter

Banana Cake
(G,E,Mk)

Fruity Jelly

Glazed Carrot Cake
(G,E,Mk)

Fruit platter

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



JANUARY LEEKS

FEBRUARY PARSNIPS



MARCH KALE

APRIL NEW POTATOES



Look for this logo on the menu to try a yummy seasonal special!

Dates

19/01,09/02,02/03,23/03

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F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide