

Menu

Week 1

Mains

HAPPY TUMS

veggie

MEAT FREE

veg

EXTRA GOOD

carbs

FUEL FOOD

Dessert

SOMETHING SWEET

Monday

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

Tuesday

Lamb and Vegetable Curry with Mango Chutney
(Mu)

Wednesday

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

Thursday

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

Friday

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

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,MkSo)

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

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

Broccoli

Cauliflower

Honey Glazed Parsnips

Braised Kale

Garden Peas

Sliced Carrots

Sweetcorn

Green Beans

Roasted Carrots

Baked Beans

New Potato Focaccia
(G)

Wholegrain and White Rice

Mashed Potato
(Mk)

Mexican Style Rice

Oven Baked Chips

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.

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

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



JANUARY
LEEEKS

FEBRUARY
PARSNIPS

MARCH
KALE

APRIL
NEW
POTATOES

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

Menu

Week 2

Mains
HAPPY TUMS

veggie
MEAT FREE

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

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

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Monday

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

Tuesday

Slow Cooked Chicken
Tacos with Cheese
(G,Mk)

Wednesday

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

Thursday

Honey and Barbeque
Glazed Chicken

Friday

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

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)

Top up your meal from
our Salad Bar

Mixed Vegetables

Steamed Cabbage

Sliced Carrots

Green Beans Tossed in
Braised Leeks
Baked beans

Roasted Parsnips

Steamed Broccoli

Baked Waffle Fries

Roasted New Potatoes

Wholegrain and
White Rice

Chips

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.

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

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the menu to try a
yummy seasonal special!

Menu

Week 3

Mains

HAPPY TUMS

veggie

MEAT FREE

veg

EXTRA GOOD

carbs

FUEL FOOD

Dessert

SOMETHING SWEET

Monday

Tuesday

Wednesday

Thursday

Friday

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)

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)

Steamed Seasonal Greens

Roasted Carrots

Sweetcorn with Peppers Honey Glazed Pars

Top up your meal from our Salad Bar

Garden Peas

Cauliflower

Green Beans

Mashed Potato
(Mk)

Baked Beans

Cheddar and Leek Focaccia
(G,MK)

White and Wholegrain Rice

Mashed Potato
(Mk)

Home Baked Garlic Focaccia
(G)

Waffle Fries

Fruit Platter

Banana Cake
(G,E,Mk)

Fruity Jelly

Glazed Carrot Cake
(G,E,Mk)

Fruit platter

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DATES

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

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