

Menu

Week 1



MON TUES WED THU FRI

Mains

HAPPY TUMS

Chicken sausage Pork butchers sausages with gravy (G,Su)	Beef spaghetti bolognaise (G)	Roast chicken with sage and onion stuffing and pan gravy (G)	Lamb keema	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

Creamy mashed potato (Mk)	Spaghetti	Roast potatoes	Steamed rice	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
7th - 11th Environment Week

JULY MINT
7th - Wimbledon Day

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

Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide

MENU

Week 2



MON TUES WED THU FRI

Mains

HAPPY TUMS

Meat free day	Spanish style chicken Chorizo and potato tray bake (So,Mk)	Roasted Gammon with Gravy	Chicken 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

7th - 11th Environment Week

JULY MINT

7th - Wimbledon Day

DATES

16th April, 24th May, 28th June

Allergens

Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide

Menu

Week 3



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

7th - 11th Environment Week

JULY MINT

7th - Wimbledon Day

Dates

3RD May, 7th June, 5th July

Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluses
- P = Peanuts
- Su = Sulphur Dioxide

MENU

Week 4



MON TUES WED THU FRI

Mains

HAPPY TUMS

Meat free day

Classic beef lasagne
(Mk,G)

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

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.

MARCH SPINACH
5th - World Book Day

APRIL NEW POTATOES
23rd - St. George's Day

MAY BASIL
5th - Europe Day

JUNE BEETROOT
7th - 11th Environment Week

JULY MINT
7th - Wimbledon Day

Dates

10 May, 14th June, 12 July

Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide