

Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mild vegetable curry



Tex-Mex Pizza
(Ground Beef, Peppers and Sweetcorn)
(G,Mk)

Gratin Chicken with Spinach and Roast Tomato
(G,Mk)

Pasta Bar (G)
Beef Bolognese
Tomato sauce
Nut free Basil Pesto
(Mk)



Oven Baked Fish Fingers
(G,F)

Veggie

MEAT FREE

Chickpeas Braised in a Butter Curry Sauce with Tomato and Mint Sambal
(Mk,So)



Margherita Pizza with Torn Basil
(G,Mk)



Gratin Eat Curious Pieces with Spinach and Roast Tomato
(G,Mk)

Pasta Bar (G)
Vegan Bolognese
Tomato sauce
Nut free Basil Pesto
(Mk)



Oven Baked Vegetable Fingers
(G)

veg

EXTRA GOOD

Sweetcorn
Spiced Cauliflower

Asian Slaw
(Se)



Thyme Roasted Beetroot

Olives

Peas

Roasted Carrots

Cheese **(Mk)**

Baked beans

carbs

FUEL FOOD

Plain 50/50 Rice

Potato Wedges

Savoury Rice



Parsley, Mint and Olive Oil
Focaccia **(G)**



Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh cut fruit

Beetroot Chocolate Cake (Low Sugar)
(G,E,Mk,So)



Fruit Jelly

Banana and Raisin Cookie
(G,E)

Fresh cut fruit

Jacket Potatoes, 'Allergen Free' Salad Bar and Fresh Fruit are available daily.

Dates

13th April, 4th May, 1st June, 22nd June, 13th July

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

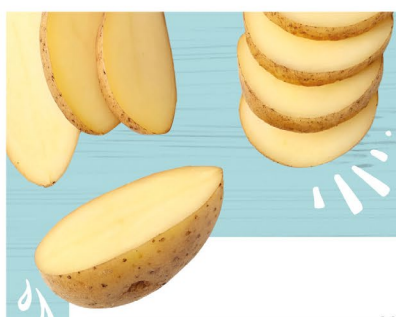
containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide





Menu

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Millionaire 50/50 Fusilli with Veggie Bolognese and Basil Sauce (G,Mk)	Lamb and Eat Curious Tacos with Grated Cheddar (Mk)	Moroccan Style Rubbed Chicken (G)	Jacket Potato Bar: Chicken Sausage (G,Su) Baked Beans Pepperoni and Cheese (Mk,Mu,So)	Oven Baked Breaded Pollock Fillets (G,F)

Veggie

MEAT FREE

Elevated Mac and Cheese with Zesty Basil Breadcrumbs (G,Mk,So)	Vegan Mince and Eat Curious Tacos with Grated Cheddar (Mk)	Moroccan Style Vegan Plantballs (G,So)	Jacket Potato Bar: Baked Beans and Cheese (Mk) Margherita Topping (Mk)	Oven Baked Vegetable Fingers (G)
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veg

EXTRA GOOD

Choose from our delicious Salad Bar	Broccoli Buffalo Beans	Roasted Butternut Squash Green Beans	Classic Coleslaw (E) Sweetcorn	Peas Baked beans
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carbs

FUEL FOOD

Beetroot Focaccia (G)	Mexican Style Rice	Crushed New Potatoes		Oven Baked Chips
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Dessert

SOMETHING SWEET

Fresh cut fruit	Sugar Free Pineapple and Carrot Cake (G,Mk)	Fruit Jelly	Vanilla Biscuit with Chocolate Sprinkles (G)	Fresh cut fruit
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Jacket Potatoes, 'Allergen Free' Salad Bar and Fresh Fruit are available daily.

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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

Dates

20th April, 11th May, 8th June, 29th June

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- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide



Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Penne Pasta with Kale Pesto & Spinach
(G,Mk,E)



Lamb Keema Pitta with Minted Yoghurt Sauce
(G,Mk,So)



Classic Roast Chicken Served with stuffing & Rosemary Gravy

Pot To Table Beef and Eat Curious Moussaka Topped with Fresh Mint
(G,Mk)



Oven Baked Fish Fingers
(G,F)

Veggie

MEAT FREE

Plant Balls Tossed in a Tomato and Basil Sauce
(So)



Warm Pita Pockets with Chickpeas and Vegetables and a Minted Yoghurt Sauce
(G,Mk,So)



Lentil And Vegetable Pastie with Rosemary Gravy
(G)

Pot To Table Green Lentil Moussaka Topped with Fresh Mint
(G,Mk)



Oven Baked Vegetable Fingers
(G)

veg

EXTRA GOOD

Choose from our delicious salad bar

Tomato and Onion Salad
(Su)

Roasted Carrots

Greek Green Beans

Peas

Broccoli

Green Beans

Carrot Batons

Baked beans

carbs

FUEL FOOD

Wholemeal Penne
(G)

Sweet Potato Roasties

Roast New Potato



Garlic Focaccia
(G)

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh cut fruit

Apple Cake
(G,E)

Fruit Jelly

Iced Sponge Cake with Rainbow Sprinkles
(G,E,Mk)

Fresh cut fruit

Jacket Potatoes, 'Allergen Free' Salad Bar and Fresh Fruit are available daily.

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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

Dates
27th April, 18th May, 15th June, 6th July

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G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide