

# Menu

week 1

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## veg

EXTRA GOOD

## Carbs

FUEL FOOD

## Dessert

SOMETHING SWEET

Vegetable curry	Margherita pizza (Dairy free cheese)	Lentil roast with veggie gravy (Mu,G,Ce)	Roasted vegetable lasagne (Dairy free cheese.)	Gnocchi with tomato sauce (G)
Roasted carrots	Sweetcorn	Steamed cabbage	Green beans	Baked beans
Broccoli	Green beans	Cauliflower	Carrots	Garden peas
Steamed Rice	Seasoned wedges	Roast potatoes	Garlic bread (G)	Baked oven chips
Egg, Milk and Gluten free chocolate cake	Egg, Milk and Gluten free Carrot caked	Fresh fruit jelly pots	Sugar free banana flapjack (G)	Fresh fruit salad

Homemade bread, salad bar, cold desserts and fresh fruit available daily.



SEPTEMBER  
SWEETCORN

8<sup>th</sup> - American Day

OCTOBER  
APPLES

6<sup>th</sup> - German Day

NOVEMBER  
BUTTERNUT

5<sup>th</sup> - Bonfire Night

DECEMBER  
CELERIAC

1<sup>st</sup> - 16<sup>th</sup>  
12 Days of Christmas

### Dates

6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct, 15<sup>th</sup> Nov and 6<sup>th</sup> Dec

### Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

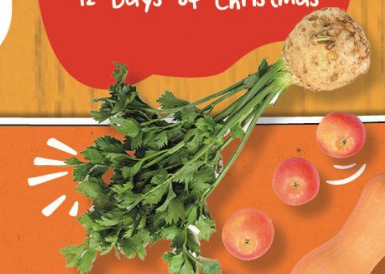
N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide



# Menu

week 2

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## veg

EXTRA GOOD

## Carbs

FUEL FOOD

## Dessert

SOMETHING SWEET

Five bean Chilli

Vegetarian  
sausage hot dog  
(G)

Ratatouille,  
Chunky  
vegetables with  
tomato

Soya Mince and  
lentil Bolognaise  
(So,G)

Spicy cajun  
vegetable  
Jambalaya  
(Su, Mu, Ce)

Sweetcorn

Cauliflower

Carrots

Broccoli

Baked Beans

Green beans

Baked beans

Courgettes

Leeks

Garden peas

Baked potato  
wedges

Half Jackets

Roast new  
potatoes

Garlic bread (G)

Baked Oven chips

Egg, Milk and  
Gluten free vanilla  
cake

Egg, Milk and  
Gluten free  
chocolate cake

Fresh fruit jelly  
pot

Egg ,Milk and  
Gluten free Carrot  
caked

Fresh fruit salad

**Homemade bread, salad bar, cold desserts and fresh fruit available daily.**

## Dates

13<sup>th</sup> Sep, 4<sup>th</sup> Oct, 1<sup>st</sup> Nov, 22<sup>nd</sup>  
Nov, 13<sup>th</sup> Dec

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

## Allergens

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide



## SEPTEMBER SWEETCORN

8<sup>th</sup> - American Day

## OCTOBER APPLES

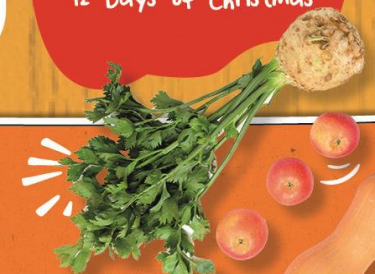
6<sup>th</sup> - German Day

## NOVEMBER BUTTERNUT

5<sup>th</sup> - Bonfire Night

## DECEMBER CELERIAC

1<sup>st</sup> - 16<sup>th</sup>  
12 Days of Christmas



# Menu

week 3

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

## Veggie

MEAT FREE

## veg

EXTRA GOOD

## Carbs

FUEL FOOD

## Dessert

SOMETHING SWEET

Vegan Tandoori  
cauliflower Taka  
Dhal with rice  
(G,Ce)

Garden peas  
Carrots

Sugar free  
banana flapjack  
(G)

Peri Peri sweet  
potato steaks

Sweetcorn  
Courgettes

Steamed rice

Egg, milk and  
Gluten free  
vanilla cake

Veggie sausages  
(Su)

Peas  
Cauliflower

Creamy  
mash

Fresh fruit jelly  
pot

Veggie burger  
in a bun  
(G)

Chef's salad  
Sweetcorn

Seasoned  
baked wedges

Egg, Milk and  
Gluten free  
chocolate cake

Sweet Chilli  
Vegetables  
On soft noodles  
(Ce, G, So)

Baked beans  
Garden peas

Baked  
oven chips

Fresh fruit salad

**Homemade bread, salad bar, cold desserts and fresh fruit available daily.**

## Dates

20<sup>th</sup> Sep, 11<sup>th</sup> Oct, 8<sup>th</sup> Nov and  
29<sup>th</sup> Nov

## 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



## SEPTEMBER SWEETCORN

8<sup>th</sup> - American Day

## OCTOBER APPLES

6<sup>th</sup> - German Day

## NOVEMBER BUTTERNUT

5<sup>th</sup> - Bonfire Night

## DECEMBER CELERIAC

1<sup>st</sup> - 16<sup>th</sup>  
12 Days of Christmas

