

Week 1

MENU



Monday Tuesday Wednesday Thursday Friday

MAINS HAPPY TUMS

Pepperoni pizza (So,Mk)
 Gluten free
 pizza base

Roast chicken and roast gravy

Gluten free
 pasta bolognaise

Gluten free fish fingers

VEGGIE MEAT FREE

Vegetable and Quorn curry (E)

VEG EXTRA GOOD

Roasted carrots Sweetcorn Steamed cabbage Green beans Baked beans

Broccoli Green beans Cauliflower Carrots Garden peas

CARBS FUEL FOOD

Steamed Rice Seasoned wedges Roast potatoes Baked oven chips

DESSERT SOMETHING SWEET

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



Dates

3dr Jan, 24th Jan and 14th Feb

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

Week 2

MENU



Monday Tuesday Wednesday Thursday Friday

MAINS

HAPPY TUMS

Gluten free Hot dog
(Su,Se)

Roast Turkey, stuffing and roast gravy (G)

Gluten free fish fingers (F)

VEGGIE

MEAT FREE

Five bean Chilli (E,Ce,Su)

Soya Mince and lentil gluten free Bolognese (So)

VEG

EXTRA GOOD

Sweetcorn

Cauliflower

Carrots

Broccoli

Baked Beans

Green beans

Baked beans

Courgettes

Leeks

Garden peas

CARBS

FUEL FOOD

Baked potato wedges

Half Jackets

Roast new potatoes

Baked Oven chips

DESSERT

SOMETHING SWEET

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

10th Jan and 31st Jan

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

Week 3

MENU

mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS HAPPY TUMS

Mild Peri Peri
chicken

Pork sausages
(Su,E)

Beef burger
in a gluten free
bun
(Se)

Gluten free fish
fingers
(F)

VEGGIE MEAT FREE

Vegan Tandoori
cauliflower Taka
Dhal with rice

Veggie sausages
(Su,E)

VEG EXTRA GOOD

Garden peas

Sweetcorn

Peas

Chef's salad

Baked beans

Carrots

Courgettes

Cauliflower

Sweetcorn

Garden peas

CARBS FUEL FOOD

Steamed rice

Creamy
mash

Seasoned
baked wedges

Baked
oven chips

DESSERT SOMETHING SWEET

Sugar free
banana flapjack
(G)

Egg, milk and
Gluten free vanilla
cake

Fresh fruit jelly
pot

Egg, Milk and
Gluten free
chocolate cake

Fresh fruit salad

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



Dates

17th Jan and 7th Feb

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