

Week 1

MENU



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



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
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide

Week 2

MENU

mindful
food
BOOST YOUR MIND

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



JANUARY OATS
20th - Hungry Caterpillar Day

FEBRUARY EGGS

MARCH BULGUR WHEAT
3rd - World Book Day

APRIL PUMPKIN SEEDS
22nd - St. George's Day

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

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

Egg, milk and Gluten free vanilla cake

Veggie sausages
(Su)

Peas

Cauliflower

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

Fresh fruit salad

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



JANUARY OATS
20th - Hungry Caterpillar Day

FEBRUARY EGGS

MARCH BULGUR WHEAT
3rd - World Book Day

APRIL PUMPKIN SEEDS
22nd - St. George's Day

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