

WEEK 1
4 Sept, 25 Sept, 16 Oct,
6 Nov, 27 Nov

MENU

Eat the
Rainbow

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Cheese, tomato and basil pizza (G,Mk) Macaroni cheese with chicken (G,Su,Mk) Pork sausages and gravy (G,Su) Mild chicken curry (Su,So) Breaded fish fingers (G,F)

Veggie

MEAT FREE

Roasted vegetables and cheese pizza (G,Mk) Quorn with macaroni cheese (G,Mk,E) Veggie sausages with gravy (G) Mild vegetable curry (So) Homemade vegetarian burger in a bun (G,Se)

Veg

EXTRA GOOD

Steamed broccoli Sweetcorn Green beans Courgettes Baked beans Garden peas

Carbs

FUEL FOOD

Potato wedges Homemade garlic bread (G,So) Creamy mash potato (Mk) Steamed rice Baked oven chips

Dessert

SOMETHING SWEET

Lemon cake (G,E) Chocolate cake (G,E) Jelly pots Banana cake (G,E) Fruit salad

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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

Red
September

Orange
October
6th - Superhero Day
31st - Halloween

Yellow
November
21st - World Cup

Blue
December
Christmas Market



WEEK 2
11 Sept, 2 Oct, 23 Oct,
13 Nov, 4 Dec

MENU

Eat the
Rainbow

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Pesto pasta (G,Mk)	BBQ chicken (Su)	Roast gammon with stuffing (G)	Beef lasagne (G,Ce,Mk)	Breaded fish fingers or Baked fish (G,F)
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Veggie

MEAT FREE

Roasted tomato and basil pasta (G)	Veggie hot dog (G,Se)	Cheese and tomato omelette (Mk,E)	Roasted vegetable lasagne (G,Ce,Mk)	Vegetable stir fry with noodles (G,E)
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Veg

EXTRA GOOD

Cauliflower and broccoli	Green beans BBQ beans	Carrots Steamed cabbage	Chef's salad	Baked beans Garden peas
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Carbs

FUEL FOOD

Homemade garlic bread (G,So)	Potato wedges	Roast potatoes	Garlic focaccia (G,So)	Baked oven chips
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Dessert

SOMETHING SWEET

Strawberry jam and coconut sponge cake (G,E)	Chocolate biscuits (G)	Jelly pots	Sultana and cranberry flapjack (G)	Fruit platter
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
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Red
September

Orange
October
6th - Superhero Day
31st - Halloween

Yellow
November
21st - World Cup

White
December
Christmas Market



WEEK 3
18 Sept, 9 Oct, 30 Oct,
20 Nov, 11 Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mushroom and
sweetcorn
cheesy pasta
(G,Mk)

Beef bolognise
pasta bake
(Su,G,Mk)

Roast turkey with
stuffing and gravy
(G)

Creamy
chicken pie
(Su,G)

Breaded fish
fingers or
Baked fish fillets
(G,F)

Veggie

MEAT FREE

Vegetarian curry
with rice

Veggie bolognise
pasta bake
(G,Mk)

Cheese, leek
and butternut
squash risotto
(Mk,E)

Creamy
vegetable pie
(G,Mk)

Potato and
pea frittata
(Mk,E)

Veg

EXTRA GOOD

Green beans

Sweetcorn

Cabbage
Carrots

Sweetcorn

Baked beans
Garden peas

Carbs

FUEL FOOD

Homemade
garlic bread
(G,So)

Roast potatoes

Mashed potato
(Mk)

Baked oven chips

Dessert

SOMETHING SWEET

Eve's pudding
(G,E)

Jelly pots

Shortbread
biscuits
(G)

Chocolate chip
cookies
(G)

Fruit salad

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

ALLERGENS

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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

Yellow
November
21st - World Cup

Orange
October
6th - Superhero Day
31st - Halloween

Red
September

White
December
Christmas Market

