

# Menu

## Week 1



**THE FRESH LITTLE ALLSTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

MON TUES WED THU FRI

### Mains

HAPPY TUMS

Mild chicken curry	Italian Lasagne (G,Mk)	Roast chicken with sage and onion stuffing and pan gravy (G)	Spicy chicken stonebake pizza (G,Mk)	Cod fish fingers Tartare sauce and lemon wedges (G,Su,F,E)
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### Veggie

MEAT FREE

Homemade pea & potato Samosa steamed Basmati rice, curry sauce (G,Mu,Mk)	<b>Vegan</b> Beetroot and red onion Tart (G)	Cream cheese, red onion and spinach pasta bake (G,Mk)	Tomato and mozzarella stonebaked pizza (G,Mk)	<b>Vegan</b> Chick pea and corn burger with a mango and lime salsa served with Chips (G,Se)
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### veg

EXTRA GOOD

Bombay vegetables Steamed broccoli	Sweetcorn Courgettes	Roasted carrots Cabbage	Cauliflower Green beans	Garden peas Baked beans
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### carbs

FUEL FOOD

Steamed basmati rice	Focaccia fingers (G)	Roast potatoes	Potato wedges	Baked oven chips
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### Dessert

SOMETHING SWEET

Orchard crumble with custard (G,Mk)	Eccles cake tray bake with cream (G,Su,So,Se,Mk,L)	Fruit Jelly pot	Lemon & lime drizzle cake (G,Mk,E)	Jam Roly Poly with custard (G,So,Mk)
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

**JANUARY LEEKS**  
26<sup>TH</sup> - AUSTRALIA DAY

**FEBRUARY PARSNIPS**  
11<sup>TH</sup> - CHINESE NEW YEAR

**MARCH SPINACH**  
24<sup>TH</sup> - INDIAN DAY

**APRIL NEW POTATOES**  
23<sup>RD</sup> - ST GEORGE'S DAY

### Dates

### Allergens

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 ALLSTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

MON TUES WED THU FRI

### Mains

HAPPY TUMS

Beef tacos sour cream, grated cheese <b>(G,Mk)</b>	Spanish style chicken, chorizo and potato tray bake <b>(So,Mk)</b>	Savoury minced beef and lemon and herb dumplings <b>(G,So,Mk,E,Ce)</b>	Chicken butchers sausages with gravy <b>(G,Su)</b>	Batter crisp Pollock fillet, Tartare sauce and lemon wedges <b>(G,Mu,F,E)</b>
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### Veggie

MEAT FREE

Vegetable tacos, sour cream, grated cheese guacamole & salad <b>(Mk,G)</b>	<b>Vegan</b> Puy lentil shepherd's pie with sweet potato <b>(So,G,Ce)</b>	Vegetarian mince pie with puff pastry <b>(G, Mk, E, So, Ce)</b>	Indian spiced vegetable filo strudel with mango chutney <b>(G,Mu,Mk)</b>	Oven baked gnocchi with tomato, mozzarella & pesto served with garlic bread <b>(G,So,Mk,E)</b>
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### veg

EXTRA GOOD

Rainbow slaw Sweetcorn	Steamed broccoli Roasted carrots	roasted kale cauliflower	Courgettes Roasted tomatoes	Garden peas Baked beans
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### carbs

FUEL FOOD

Mexican tomato rice <b>(G,Ce)</b>	New potatoes	Creamy mashed potato <b>(Mk)</b>	Baked oven chips
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### Dessert

SOMETHING SWEET

Apple and cinnamon pie with shortcrust pastry and custard <b>(G,Mk,E)</b>	Sticky toffee pudding with toffee sauce <b>(G,Su,Mk,E)</b>	Fruit Jelly pot	Steamed chocolate chip pudding with chocolate sauce <b>(G,So,Mk,E)</b>	Baked Banoffee cheesecake <b>(G,Mk,E)</b>
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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## Week 3



**THE FRESH LITTLE ALLSTMENT**  
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MON TUES WED THU FRI

### Mains

HAPPY TUMS

Bolognaise beef pasta bake with creamy cheddar topping (G,Mk)	Jamaican jerk chicken	Roast Norfolk turkey with apricot stuffing Cranberry sauce & gravy (G,Su,So,Se;Mk)	Classic beef burger served in a sesame seed bun (G,Su,Se,Ce)	Cod fish fingers Tartare sauce and lemon wedges (G,Su,F,E)
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### Veggie

MEAT FREE

<b>Vegan</b> Tandoori cauliflower with taka dhal (G,Ce)	Layered roasted vegetable, tomato Enchilada pie (G,Mk)	Cherry tomato pesto & mozzarella puff pastry tart (G,Mk)	Spanish omelette with potatoes, cheddar and peas (Mk,E)	Chinese vegetable spring rolls with sweet chilli & coriander sauce (G,So,Se)
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### veg

EXTRA GOOD

Broccoli Chefs mixed salad	Sweetcorn Courgettes	Curly kale Diced swede	Sweetcorn Green Beans	Garden peas Baked beans
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### carbs

FUEL FOOD

Garlic bread (G,So,Mk)	coconut rice and peas	Thyme roast potatoes	Parmentier potatoes	Baked oven chips
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### Dessert

SOMETHING SWEET

Nutless Bakewell tart with custard (G,Mk,E)	Steamed strawberry jam sponge pudding (G,Mk,E)	Fruit jelly pot	Banana and chocolate crumble with custard (G,So,Mk)	Lemon meringue pie (G,Su,Mk,E)
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## Week 4



**THE FRESH LITTLE ALLSTMENT**  
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MON TUES WED THU FRI

### Mains

HAPPY TUMS

Chilli con carne, crushed nachos and sour cream <b>(Mu,Mk)</b>	Peri Peri marinated chicken thigh with lemon mayonnaise <b>(E)</b>	Roast potato, turkey, sausage & stuffing pie <b>(G,Su,Mu,Mk)</b>	Minced beef pie with shortcrust pastry <b>(G,Mk,Ce)</b>	Batter crisp Pollock fillet Tartare sauce and lemon wedges <b>(G,Mu,F,E)</b>
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### Veggie

MEAT FREE

Vegetarian mince chilli con carne, crushed nachos, sour cream <b>(G,So,Mu,Mk)</b>	Sweet potato Feta & spinach puff pastry pie <b>(G,Mk,E)</b>	Macaroni, creamy cheese and leek crumble <b>(G,So,Se,Mk)</b>	Veggie lentil bolognese, penne pasta and parmesan <b>(G,Mk,E)</b>	Keema vegetable Pattie <b>(G,So,Mu,E)</b>
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### veg

EXTRA GOOD

Sweetcorn Courgettes	Sticky honey carrots Broccoli	Roasted cauliflower Curly kale	Cauliflower Green beans	Garden peas Baked beans
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### carbs

FUEL FOOD

Steamed rice	Cajun roasted new potatoes <b>(Mu)</b>	Creamy mashed potato <b>(Mk)</b>	Creamy mashed potato <b>(Mk)</b>	Oven baked chips
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### Dessert

SOMETHING SWEET

Roasted pineapple and ginger cake <b>(G,Mk,E)</b>	Lemon and poppy seed pudding <b>(G,Mk,E)</b>	Fruit Jelly Pot	Cornflake tart and custard <b>(G,Mk,E)</b>	Apple upside down cake with custard <b>(G,Mk,E)</b>
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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