

Menu

week 1



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken curry

Meat feast pizza
(G,So,Mk)

Roast chicken
and roast gravy

Beef lasagne
(G,Mk)

Breaded fish
fingers
(G,F)

Veggie

MEAT FREE

Vegetable and
Quorn curry (E)

Margherita pizza
(G,So,Mk)

Lentil roast with
veggie gravy
(Mu,G,Ce)

Roasted
vegetable
lasagne (G,Mk)

Gnocchi with
tomato sauce
and mozzarella
(G,So,Mk,E)

veg

EXTRA GOOD

Roasted carrots

Sweetcorn

Steamed
cabbage
Cauliflower

Green beans

Baked beans

Broccoli

Carrots

Garden peas

Carbs

FUEL FOOD

Steamed Rice

Seasoned
wedges

Roast potatoes

Garlic bread
(G,So,Mk)

Baked oven
chips

Dessert

SOMETHING SWEET

Orchard crumble
and custard
(G,Mk)

Banana cake with
chocolate sauce
(G,Mk,E)

Jelly pot

Gypsy Tart
(G,Su,So,Se,Mk,E)

Jam Roly Poly
and custard
(G,Mk)

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

SEPTEMBER SWEETCORN
8th - American Day

OCTOBER APPLES
6th - German Day

NOVEMBER BUTTERNUT
5th - Bonfire Night

DECEMBER CELERIAC
1st - 16th
12 Days of Christmas

Dates

6th Sep, 27th Sep, 18th Oct,
15th Nov and 6th 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

Beef hot dog
(G,Su,Se)

Chicken wrap
(G,Mu,Mk)

Roast Turkey,
stuffing and roast
gravy (G)

Beef
bolognaise

Breaded
fish fillet
(G,F)

Veggie

MEAT FREE

Vegetarian
sausage hot dog
(G,Su,So,Se,Mu)

Vegetable wrap
(G,Mu,Mk)

Macaroni Cheese
(G,Mk)

Soya Mince and
lentil Bolognaise
(So,G)

Cheddar Cheese
and Leek Tart
(G,Mk,E)

veg

EXTRA GOOD

Sweetcorn

Chef's salad

Carrots

Broccoli

Baked Beans

Baked beans

sweetcorn

Courgettes

Garden peas

Carbs

FUEL FOOD

Baked potato
wedges

Steamed new
potatoes

Roast potatoes

Penne pasta (G)
Garlic bread
(G,So,Mk)

Baked Oven chips

Dessert

SOMETHING SWEET

Lemon Drizzle
cake (G,Mk)

Shortbread
(G,Mk)

Chocolate Sponge
with chocolate
custard (G,Mk,E)

Oaty cookie
(G,Mk,E)

Fruit jelly pot

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

SEPTEMBER SWEETCORN
8th - American Day

OCTOBER APPLES
6th - German Day

NOVEMBER BUTTERNUT
5th - Bonfire Night

DECEMBER CELERIAC
1st - 16th
12 Days of Christmas

Dates

13th Sep, 4th Oct, 1st Nov,
22nd Nov, 13th 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 3



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Beef burger
in a bun
(G,Se)

Peri Peri chicken
(Su,E,G)

Chicken sausages
(Su,E)

Chicken and
sweetcorn Pie
(G,Mk)

Breaded fish
fingers
(G,F)

Veggie

MEAT FREE

Veggie burger
in a bun
(G,Se,E)

Peri Peri sweet
potato steaks
(Su,E,G)

Veggie sausages
(Su,E)

Tomato and
penne pasta bake
with cheesy top
(G,Mk)

Cheese and onion
sausage roll
(G,Mk,E)

veg

EXTRA GOOD

Chef's salad

Sweetcorn

Peas

Green beans

Baked beans

Baked beans

Courgettes

Cauliflower

Carrots

Garden peas

Carbs

FUEL FOOD

Seasoned
baked wedges

Savoury rice
with peppers

Creamy
mash

New
potatoes

Baked
oven chips

Dessert

SOMETHING SWEET

Apple and
cinnamon
crumble with
custard (G,Mk)

Fruit jelly pot

Carrot cake
(G,Mk,E)

Pear sponge with
custard (G,Mk,E)

Chocolate
brownie
(G,Mk,E)

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

SEPTEMBER SWEETCORN
8th - American Day

OCTOBER APPLES
6th - German Day

NOVEMBER BUTTERNUT
5th - Bonfire Night

DECEMBER CELERIAC
1st - 16th
12 Days of Christmas

Dates

20th Sep, 11th Oct, 8th Nov
and 29th Nov

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

