

Week 1

MENU



Halal
Vegan

mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

HAPPY TUMS

Tomato ,Mozzarella and Basil Focaccia
(G,Mk)

Chicken Tikka Masala

Sliced Roast

Mild Chilli con carne

Breaded cod fish fingers
(G,F)

VEGGIE

MEAT FREE

Cajun vegetable jambalaya with roasted pineapple

Spinach sweet potato and lentil Dahl

Roast Vegetarian loaf

Five bean Chilli
(E,Ce,Su)

Penne pasta with grated courgette and Tomato sauce
(G)

VEG

EXTRA GOOD

Roasted carrots
Broccoli

Roasted Cauliflower
Courgettes

Steamed cabbage
Roasted carrots

Green beans
Roasted butternut squash

Baked beans
Garden peas

CARBS

FUEL FOOD

Rice

Pilau Rice

Roast potatoes

Mexican rice

Homemade chips

DESSERT

SOMETHING SWEET

Lemon Drizzle Cake
(G,Mk,E)
Natural yogurt
Fresh fruit

Sugar free orange and poppy seed drizzle cake
(Mk,C,G)
Fresh fruit
Natural yogurt

Fresh fruit jelly pots
Natural yogurt
Fresh fruit

Chocolate Sponge and chocolate sauce
Natural yogurt
Fresh fruit

Fresh fruit salad
Natural yogurt



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

Dates

28th Feb, 21st Mar, 25th Apr

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 2

MENU



Halal
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BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS HAPPY TUMS

Spanish frittata
with onion, spinach and
cheddar
(Mk,E)

Jamaican Jerk Spiced
Chicken

Chicken sausages
(Su,E)

Beef
bolognaise
(G)

Breaded
fish fillet
(G,F)

VEGGIE MEAT FREE

Penne pasta with green
pesto and spinach

Butternut squash and
lentil stew

Veggie sausages
(Su,E)

Soya Mince and lentil
Bolognaise (So,G)

Vegetarian sausage roll
(G,Mk,E)

VEG EXTRA GOOD

Sweetcorn
Green beans

Cauliflower
Baked beans

Peas
Cauliflower

Broccoli
Leeks

Baked Beans
Garden peas

CARBS FUEL FOOD

Pasta (G)

Rice

Creamy
Mash

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

Homemade chips

DESSERT SOMETHING SWEET

Jam Sponge and custard
(Mk,G,E)
Natural yogurt
Fresh fruit

Sugar free
marmalade bread and
butter pudding
(G,Mk,E,So)
Natural yogurt
Fresh fruit

Fresh fruit jelly pot
Natural yogurt
Fresh fruit

Mixed Berry Flapjack
(G)
Natural yogurt
Fresh fruit

Fresh fruit salad
Natural yogurt



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

Dates

7th Mar, 28th Mar, 2nd May, 23rd
May, 20th

Allergens

Ce = Celery
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E = Eggs

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G = Cereals
containing Gluten

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Mo = Molluscs

Mu = Mustard
N = Nuts
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Se = Sesame Seeds
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Week 3

MENU



Halal
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BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS HAPPY TUMS

Mixed roasted
sweet pepper,
wholemeal quiche
(Mk ,E ,G)

Beef Lasagne
(G,Mk)

Roast Chicken

Beef burger
in a bun
(G,)

Breaded fish fingers
(G,F)

VEGGIE MEAT FREE

Vegetable Byriani

Penne pasta with
tomatoes and bail sauce
(G)

Roast Vegetarian
Loaf

Veggie burger
in a bun
(G)

Mixed vegetables and
stir fry noodles
(So,G,)

VEG EXTRA GOOD

Garden peas

Peas

Roasted
Mediterranean
vegetables
Steamed
Cabbage

Chef's salad

Baked beans

Carrots

Cauliflower

Sweetcorn

Garden peas

CARBS FUEL FOOD

Rice

Creamy
Mash

Roast potatoes

Seasoned
baked wedges

Homemade chips

DESSERT SOMETHING SWEET

Pear and apricot crumble
with custard
(Mk,G)

Sugar free
spiced carrot cake with
orange frosting
(G,E,Mk)

Fresh fruit jelly
pot
Natural yogurt
Fresh fruit

Banana Cake with
Chocolate Sauce
(G,Mk,E)
Natural yogurt
Fresh fruit

Fresh fruit salad
Natural yogurt
Fresh fruit

Natural yogurt
Fresh fruit

Natural yogurt
Fresh fruit

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

Dates

14th Mar, 18th Apr

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

