

WEEK 1

Dates:

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Roast Chicken Thigh
with Coleslaw

Oven Baked
Sausages

Minced Beef and
Nacho Bake

Chinese Chicken Stir
Fry

Breaded Fish
Fingers

Veggie
MEAT FREE

Roasted Vegetable
and Bean Burger
with Coleslaw

Veggie Sausages

Vegetable and
Nacho Bake

Chinese Vegetable
Stir Fry

Vegetable Samosa

veg
EXTRA GOOD

Roasted Carrots
Peas

Baked Beans
Green Beans

Roasted Carrots
Baked Beans

Sweetcorn

Baked Beans
Garden Peas

Carbs
FUEL FOOD

Half Jacket

Mashed Potato

Savoury Rice

Egg Noodles

Baked Oven Chips

Dessert
SOMETHING SWEET

Chocolate Chip Cake
with Custard

Oaty Flapjack

Raspberry Jam
Sponge and Custard

Pineapple Cake and
Custard

Apple Crumble and
Custard

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

Green

JANUARY

19th - Outer Space Day

Purple

FEBRUARY

21st - Pancake Day

Red

MARCH

6th - World Book Day

Orange

APRIL

24th - St George's Day

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

Dates:

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Beef Burger in a
Bun

Baked Lasagne

Roast Turkey,
Stuffing and Gravy

Macaroni Cheese

Breaded Fish Fillet

Veggie
MEAT FREE

Veggie Burger in a
Bun

Vegetable Lasagne

Nut Free Lentil
Roast and Gravy

Tomato Pasta

Cheese and Tomato
Puff

veg
EXTRA GOOD

Chef's Salad

Green Beans

Carrots

Green Beans

Baked Beans

Sweetcorn

Coleslaw

Broccoli

Cauliflower

Garden Peas

Carbs
FUEL FOOD

Potato Wedges

Garlic Bread

Roast New Potatoes

Baked Oven Chips

Dessert
SOMETHING SWEET

Lemon Sponge
and Custard

Apple Cake

Chocolate Sponge

Lemon Drizzle Cake

Rice Krispie Cake

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

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WEEK 3

Dates:

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild Chicken Curry

Oven Baked
Sausages

Beef Bolognese
Pasta

Chicken and Cheese
Pizza

Breaded Fish
Fingers

Veggie
MEAT FREE

Mild Vegetable
Curry

Veggie Sausages

Vegetable Pasta
Bake

Margherita Pizza

Cheesy Vegetable
Wrap

veg
EXTRA GOOD

Green Beans
Peas

Peas

Roasted Vegetables
Coleslaw

Sweetcorn
Chef's Salad

Baked Beans
Garden Peas

Carbs
FUEL FOOD

Savoury Rice

Mashed Potato

Garlic Bread

Potato Wedges

Baked Oven Chips

Dessert
SOMETHING SWEET

Pear & Cinnamon
Crumble

Ginger Sponge

Shortbread Biscuit

Jam and Coconut
Sponge with
Custard

Apple Slice

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

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Purple

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Red

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Orange

APRIL

24th - St George's Day

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