

WEEK 1

5th Sep, 26th Sep, 17th Oct,
14th Nov and 5th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken Tortilla
Wrap with
Tomato Sauce
(G,Mu,Mk)

Oven Baked Chicken
Sausages
(G,Su)

Beef Bolognese
Pasta Bake
(G,Mk,Ce,So,Su)

BBQ Chicken
Pizza
(G,So,Mk)

Breaded Fish
Fingers
(G,F)

Veggie
MEAT FREE

Vegetable Tortilla
Wrap with Tomato
Sauce
(G,Mu,Mk)

Veggie Quorn
Sausages
(G,Mk,E)

Vegetable and
Spinach Pasta Bake
(G,Mk)

Cheese and Tomato
Pizza
(G,Mk,E)

Cheese and Tomato
Quiche
(G,Mk,E)

veg
EXTRA GOOD

Roasted Carrots

Peas

Baked Beans

Broccoli

Peas

Cauliflower

Sweetcorn

Cabbage Slaw (E)

Baked Beans

Garden Peas

Carbs
FUEL FOOD

Savoury Rice

Mashed Potato
(Mk)

Garlic Focaccia
(G,Mk)

Potato Wedges

Baked Oven
Chips

Dessert
SOMETHING SWEET

Chocolate Cake with
Chocolate Custard
(G,Mk,E)

Oaty Cookie
(G,Mk,E)

Jam and Coconut
Sponge with
Custard
(G,Mk,E)

Lemon
Cheesecake
(G,Mk,E)

Apple Crumble
and Custard
(G,Mk)

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

Red
September

Orange
OCTOBER
6th - Superhero Day
31st - Halloween

Yellow
NOVEMBER
21st - World Cup

White
DECEMBER
Christmas Market

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

12th Sep, 3rd Oct,
31st Oct, 21st Nov and 12th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mild Chicken
Curry

Baked Lasagne
(G,Mk)

Roast Turkey,
Stuffing and
Roast Gravy
(G)

Chicken, Tomato
and Mozzarella
Baked Wrap
(Mu,Mk,G)

Breaded Fish
Fingers
(G,F)

Veggie

MEAT FREE

Mixed Vegetable
Curry

Vegetable
Lasagne
(G,Mk,E)

Chinese Vegetables
with Noodles
(G,So,E)

Vegetable, Tomato
and Mozzarella
Baked Wrap
(G,Mu,Mk)

Macaroni and
Cheese
(G,Mk)

veg

EXTRA GOOD

Peas

Broccoli

Carrots

Broccoli

Baked Beans

Green Beans

Chefs' Salad

Garden Peas

Carbs

FUEL FOOD

Steamed Rice

Garlic Bread
(G,So,Mk)

Roast New
Potatoes

Diced Potatoes

Baked Oven
Chips

Dessert

SOMETHING SWEET

Lemon Sponge
and Custard
(G,Mk,E)

Carrot Cake
(G,Mk,E)

Fruity Flapjack
(G)

Banana and
Apple Crumble
(G,Mk)

Rice Pudding with
Raspberry Sauce
(Mk)

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

Red
September

Orange
October
6th - Superhero Day
31st - Halloween

Yellow
November
21st - World Cup

White
December
Christmas Market

ALLERGENS

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WEEK 3

19th Sep, 10th Oct, 7th Nov,
28th Nov and 19th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Shepherd's Pie
(Su,So,Mk,G,Ce)

BBQ Chicken
(Su,So,G,Ce)

Burger in a Bun with
tomato sauce
(G,Se)

Chicken Sausage
and Baked Bean
Casserole
(Su,G)

Breaded Fish
Fingers
(G,F)

Veggie
MEAT FREE

Vegetarian
Shepherd's Pie
(Su,So,Mk,G,Ce)

Vegetable Tortilla
Wrap
(G,Mu,Mk)

Vegetable Burger in
a Bun with
tomato sauce
(G,Se,E)

Veggie Sausage and
Baked Bean
Casserole
(Su,So,G,Mu)

Potato and Pea
Frittata
(Mk,E)

veg
EXTRA GOOD

Broccoli

Baked Beans

Sweetcorn

Courgettes

Chef's Salad

Coleslaw
(E)

Leeks

Baked Beans

Garden Peas

Carbs
FUEL FOOD

Savoury Rice With
Peppers

Potato Wedges

Mashed Potato
(Mk)

Baked Oven
Chips

Dessert
SOMETHING SWEET

Chocolate
Marble Cake
(G,Mk,E)

Banoffee Pie
(G,So,Mk)

Cornflake Tart
and Custard
(G,Mk,E)

Lemon Blondie
(G,E)

Apple Sponge
with Custard
(G,Mk,E)

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

Red
SEPTEMBER

Orange
OCTOBER
6th - Superhero Day
31st - Halloween

Yellow
NOVEMBER
21st - World Cup

White
DECEMBER
Christmas Market

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containing Gluten

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