

Week Commencing: 06 Jan, 03 Feb, 03 March,
31 March

Menu

Week 1

Eat the
Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

Mains

HAPPY TUMS

MON

Peri-Peri Chicken
with Lemon and
Herb Sauce
(G,Su,E,Ce)

TUES

Balance
Beef Cottage Pie
(G,So,Mk,Ce)

WED

Roast Chicken
Dinner With
Stuffing and
Chicken Gravy
(G)

THU

Turkey Chow Mein
with Crunchy
Toasted Seeds
(G,So,Mu,E,Ce)

FRI

Battered Fish Fillet
(G,F)

Veggie

MEAT FREE

Vegan Peri-Peri
Squash with Lemon
and Herb Sauce
(G,Su,E,Ce)

Balance
Vegan Cottage Pie
(G,So,Mk,Ce)

Roasted Vegetable
Wellington with
Vegetable Gravy
(So,E,G)

Sticky Vegetable
Chow-Mein
with Crispy Tofu
(G,So,Mu,E,Ce)

Vegan Homemade
Pea and Potato
Samosa (G)

Veg

EXTRA GOOD

Crushed Minty Peas

Roasted Root
Vegetables

Carrots

Vegetable Stir Fry
with Crunchy
Beansprouts
(So,G)

Garden Peas or
Baked Beans
Chunky Tartare
Sauce (E)

Carbs

EXTRA FILLING

Steamed
Wholegrain Rice

Crunchy Roast
Potatoes

Creamy Mashed
Potato (Mk)

Oven Baked Chips

Dessert

SWEET TREAT

Fresh Fruit or
Yoghurt

Fresh Fruit or
Yoghurt

Fresh Fruit or
Yoghurt

Fresh Fruit or
Yoghurt

Fresh Fruit or
Yoghurt

(Mk)

(Mk)

(Mk)

(Mk)

(Mk)

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



**BUTTERNUT
SQUASH**
September



CARROTS
October



APPLES
November



CAULIFLOWER
December

Dates

Insert dates here

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