

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

Week Commencing: 13 Jan, 10 Feb, 10 March

Menu

Week 2

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

Mains

HAPPY TUMS

MON	TUES	WED	THU	FRI
Smoky Chilli Con Carne with Crushed Tortillas	Butchers Chicken Sausages with Onion Gravy (G,Su)	Chicken Tikka Masala with Mango Chutney	Thyme Roast Chicken	Battered Fish with Tartare Sauce and Lemon (G,F,E)

Veggie

MEAT FREE

Vegan Smoky Veggie Chilli	Grilled Vegan Sausages with Onion Gravy	Paneer Tikka Masala with Mango Chutney	Beetroot and Squash Wellington (G,So)	Vegetable Spring Roll With Sweet and Sour Sauce (G,So)
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Veg

EXTRA GOOD

Sweetcorn	Green beans	Onion Salad	Cauliflower	Garden Peas
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Carbs

EXTRA FILLING

Rice	Mashed Potatoes (Mk)	Rice	Roast Potatoes	Chips
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Dessert

SWEET TREAT

Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



BUTTERNUT SQUASH
September



CARROTS
October



APPLES
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Week Commencing: 20 Jan, 17 Feb, 17 March

Week 3 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS 	Turkey and Leek Pie with Puff Pastry (G,Mk)	Mexican Beef	Thai Red Chicken Curry	Classic Italian Beef Bolognese (G)	Battered Fish with Tartare Sauce and Lemon (G,F,E)
Veggie MEAT FREE 	Baked Mac and Cheese with Crunchy Topping (G,So,Mk)	Slow Cooked Veggies	Vegan Chakalaka (Soweto Chilli)	Veggie Bolognese (So,G)	Cheese and Onion Turnover (G,Mk,E)
Veg  EXTRA GOOD	Broccoli	Mixed Salad	Tangy Bean Salad	Chef's Salad	Garden Peas
Carbs  EXTRA FILLING		Potato Wedges	Fragrant Yellow Rice	Spaghetti (G)	Chips
Dessert SWEET TREAT 	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)

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



BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
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Week Commencing: 20 Jan, 17 Feb, 17 March

Week 4 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Sweet and Sour Stir Fried Chicken (G)	BBQ Turkey Open Burrito (G,Mu,Mk)	Slow Roast Chicken Thigh with Stuffing and Roast Gravy (G)	Quarter Pound Beef Burger in a Bun (G,Se,Su)	Battered Fish with Tartare Sauce and Lemon (G,F,E)
Veggie MEAT FREE	Honey and Mustard Oriental Sweet and Sour Vegetables (G, So)	BBQ Quorn and Vegetable Burrito (G,Mu,Mk,E)	Vegan Winter Root Vegetable and Mixed Bean Filo Parcel (G)	Vegan Falafel Burger in a Bun (G,Se,Su)	Wholemeal Macaroni Cheese with Leeks and Cheddar (G,Mk)
Veg EXTRA GOOD	Sweetcorn	Chef's Salad	Roast Carrots	Cajun Corn (Mu)	Garden Peas
Carbs EXTRA FILLING	Egg Noodles (G,E)	Rice	Roast Potatoes	Paprika Roasted New Potatoes	Chips
Dessert SWEET TREAT	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)

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



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