

'Made without' Menu

Week 1



THE FRESH LITTLE
ALL^{OT}MENT

SEASONALLY FRESH, PERFECTLY PICKED

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BETROOT

JULY
MINT

Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken curry with rice

Gluten Free Pepperoni Pizza with Crispy Potato Wedges

Roast chicken and gravy

Gluten free pasta bar
Beef Bolognese

Gluten-Free Fish Fingers with Ketchup, Lemon and Chips

Vegetable and chick pea curry with rice

Gluten Free and Vegan Margherita Pizza with Crispy Potato Wedges

Vegetable burrito

Tomato pasta

Vegan Sausages with Ketchup and Chips

Veg
EXTRA GOOD

Sweetcorn and spiced cauliflower

Asian slaw

Braised leek and cabbage with honey roasted butternut squash

Olives
Vegan cheese

Baked Beans

Peas

Roasted new potatoes

Dessert
SOMETHING SWEET

Fresh fruit platter

Beetroot and chocolate cake

Fruity Jelly

Gluten Free and Vegan Shortbread

Top 14 Allergy Free Strawberry Jam and Banana Sponge

Jacket Potatoes, salad bar and fresh fruit available daily.

Dates

Week Commencing:

13/04/26; 04/05/26; 25/05/26;
15/06/26; 06/07/26

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

'Made without' Menu

Week 2



**THE FRESH LITTLE
ALLOTMENT**

SEASONALLY FRESH, PERFECTLY PICKED

**APRIL
NEW
POTATOES**

**MAY
BASIL**

**JUNE
BEETROOT**

**JULY
MINT**

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yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Gluten Free Penne
Pasta with Beef
Bolognaise

Lamb and eat curious
taco with vegan
cheese

Moroccan style
chicken

Jacket potato bar
Vegan cheese
Baked beans

Gluten-Free Fish
Fingers with Ketchup,
Lemon and Chips

Gluten Free Tomato,
Basil and Vegan
Cheese Bake

Vegetable eat curious
taco with vegan
cheese

Moroccan style vegan
plant balls

Jacket potato with
margherita topping

Gluten Free vegetable
quesadilla and chips

Veg
EXTRA GOOD

Gluten free bread
Chefs Salad

Broccoli
Buffalo beans
Mexican rice

Roasted squash
Green beans
Crushed new potatoes

Vegan coleslaw
sweetcorn

Garden Peas
Baked Beans

Dessert
SOMETHING SWEET

Fresh fruit platter

Apricot sponge

Fruity Jelly

Gluten Free and
Vegan Shortbread

Pineapple and carrot
cake

Jacket Potatoes, salad bar and fresh fruit available daily.

Dates

Week Commencing:

20/04/26; 11/05/26; 01/06/26
22/06/26; 13/07/26

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

'Made without' Menu

Week 3



THE FRESH LITTLE ALLOTMENT

SEASONALLY FRESH, PERFECTLY PICKED

APRIL
NEW

POTATOES

MAY
BASIL

JUNE

BETROOT

JULY
MINT



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken, Tomato and Basil Gluten Free Pasta Bake

Lamb keema and rice

Roast chicken

Minced beef and potato bake

Gluten Free Fish Fingers with Ketchup, Lemon and Chips

Gluten Free Tomato, Basil and Vegan Cheese Bake

Vegan vegetable keema and rice

Vegan Sausages with Roast Potatoes and Gravy

Eat curious and vegetable potato bake

Gluten Free pasta in tomato sauce

Veg
EXTRA GOOD

Mixed Tossed Salad

Tomato and onion salad

Steamed Carrots

Green beans

Garden Peas

Sweetcorn

Broccoli

Green beans

carrots

Baked Beans

Sweet potato rosties

Roasted new potatoes

Dessert
SOMETHING SWEET

Fesh fruit platter

Gluten Free apple cake

Fruity Jelly

Gluten Free and Vegan Shortbread

Ice sponge cake with sprinkles

Jacket Potatoes, salad bar and fresh fruit available daily.

Dates

Week Commencing:

27/04/26; 18/05/26; 08/06/26;
29/06/26

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