

# Menu

## Week 1



**THE FRESH LITTLE**  
**ALL<sup>OT</sup>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

Butter Chicken Curry with Tomato and Mint Sambal  
**(Mk,So)**



Tex-Mex Pizza (Ground Beef, Peppers and Sweetcorn)  
**(G,Mk)**

Chicken and Herb Sausage Rolls with an Apple and Sage Gravy  
**(G,E,Su)**

Pasta Bar (G)  
Beef Bolognese, Tomato sauce, Nut free Basil Pesto **(Mk)**

Oven Baked fish fingers **(G,F)** or Salmon Fishcake **(G,F)**

**Veggie**  
MEAT FREE

Chickpeas Braised in a Butter Curry Sauce with Tomato and Mint Sambal  
**(Mk,So)**



Margherita Pizza with Torn Basil  
**(G,Mk)**

Home Baked Vegan Mince and Herb Sausage Roll with an Apple and Sage Gravy **(G,So)**

Pasta Bar (G)  
Vegan Bolognese, Tomato sauce, Nut free Basil Pesto **(Mk)**

Quorn sausage hotdog  
**(G,Se,So)**

**veg**  
EXTRA GOOD

Sweetcorn  
Spiced Cauliflower

Asian Slaw  
**(Se)**

Braised Leek and Cabbage  
Roasted Honey Butternut Squash


Olives  
Cheese **(Mk)**


Peas  
Baked beans

**carbs**  
FUEL FOOD

Plain 50/50 Rice

Potato Wedges


Roasted New Potatoes 

Parsley, Mint and Olive Oil   
Focaccia **(G)**

Oven Baked Chips

**Dessert**  
SOMETHING SWEET

Fresh Fruit Platter

Beetroot Chocolate Cake (Low Sugar)  
**(G,E,Mk,So)** 

Fruit Jelly

Banana and Raisin Cookie  
**(G,E)**

Toffee drizzle flapjack  
**(G)**

*Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.*

**Dates**

13/04,4/05,01/06  
22/6,13/07

**Allergens:** Please note the allergens shown within these menus are subject to change.

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

# MENU

## Week 2



**THE FRESH LITTLE**  
**ALL<sup>OT</sup>MENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Beef lasagne  
(G,Mk,E)



Lamb and Eat  
Curious Tacos  
with Grated  
Cheddar  
(Mk)

Moroccan Style  
Rubbed Chicken  
(G)

Jacket Potato Bar:  
Chicken Sausage  
(G,Su) with Baked  
Beans,  
Cheese (Mk)

Fish Fingers  
(G,F)

### Veggie

MEAT FREE

Elevated Mac and  
Cheese with Zesty  
Basil Breadcrumbs  
(G,Mk,So)



Vegan Mince and  
Eat Curious  
Tacos with  
Grated Cheddar  
(Mk)

Moroccan Style  
Vegan Plantballs  
(G,So)

Jacket Potato Bar:  
Baked Beans and  
Cheese (Mk)

Cheesy Beans  
and Sweetcorn  
Quesadilla  
(G,Mk)

### veg

EXTRA GOOD

Choose from our  
delicious Salad Bar

Broccoli

Roasted Butternut  
Squash

Classic Coleslaw

Peas

Buffalo Beans

Green Beans

Sweetcorn

Baked beans

### carbs

FUEL FOOD

Beetroot Focaccia  
(G)



Mexican Style  
Rice  
Basmati rice

Crushed New  
Potatoes



Oven Baked Chips

### Dessert

SOMETHING SWEET

Fresh Fruit Platter

Apricot Sponge  
Cake  
(G,E,Mk,Su,So)

Fruit Jelly

Vanilla Biscuit with  
Chocolate  
Sprinkles (G)

Sugar Free  
Pineapple and  
Carrot Cake  
(G,Mk)

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APRIL  
NEW  
POTATOES

MAY  
BASIL

JUNE  
BEETROOT

JULY  
MINT

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### Dates

20/04,11/05,8/06  
29/06

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# Menu

## Week 3



**THE FRESH LITTLE**  
**ALL<sup>OT</sup>MENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Chicken Meatballs  
Tossed in a  
Tomato and Basil  
Sauce



Lamb Keema Pitta  
with Minted  
Yoghurt Sauce  
(G,Mk,So)



Classic Roast  
Chicken Served  
with Yorkshire  
Pudding and a  
Rosemary Gravy  
(G,E,Mk)

Minced Beef And  
Potato Bake  
(G,Mk)



Oven Baked Fish  
Fingers (G,F)  
or  
Salmon Fishcake  
(G,F)

**Veggie**  
MEAT FREE

Plant Balls  
Tossed in a  
Tomato and Basil  
Sauce  
(So)



Warm Pita Pockets  
with Chickpeas  
and Vegetables  
and a Minted  
Yoghurt Sauce  
(G,Mk,So)



Lentil And  
Vegetable Pastie  
with Rosemary  
Gravy  
(G)

Pot To Table Green  
Lentil Moussaka  
Topped with Fresh  
Mint  
(G,Mk)



Pasta in tomato  
sauce  
(G)

**veg**  
EXTRA GOOD

Choose from our  
delicious salad bar

Tomato and Onion  
Salad (Su)

Roasted Carrots

Greek Green Beans

Peas

Broccoli

Green Beans

Carrot Batons

Baked beans

**carbs**  
FUEL FOOD

Wholemeal Penne  
(G)

Sweet Potato  
Roasties

Roast New  
Potato



Garlic Focaccia  
(G)

Oven Baked Chips

**Dessert**  
SOMETHING SWEET

Fresh Fruit Platter

Apple Cake  
(G,E)

Fruit Jelly

Oat and Orange  
Cookie  
(G,E)

Iced Sponge Cake  
with Rainbow  
Sprinkles  
(G,E,Mk)

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**POTATOES**

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**BASIL**

**JUNE**  
**BETROOT**

**JULY**  
**MINT**

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**Dates**

27/04/,18/05/,15/06/,  
6/07/

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