'Made Without' Menu

Week 1

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	BBQ Chicken Pizza or Halal BBQ Chicken Pizza or Margherita Pizza or Gluten Free Pasta Tomato Sauce	Chicken Sausages or Halal Chicken Sausages or Vegan Sausages or Jacket Potato with Beans	Sticky Jerk Chicken or Halal Jerk Chicken **or** Jerk Vegetables or Free From Pesto Pasta	Gluten Free Pasta with Lamb Bolognese or Halal Lamb Bolognese Tomato Pasta with Vegan Cheese or Jacket Potato with Beans	Gluten-Free Fish Fingers with Ketchup, Lemon and Chips (F) or Vegetable Quesadilla or Gluten Free Pasta Tomato Sauce
Veg EXTRA GOOD	Vegan slaw Broccoli Potato wedges	Vegetables Mashed potato White bread	50:50 rice and peas Broad Beans and Carrots Coriander bread	Vegetables Beetroot Bread	Baked Beans Peas Chips White bread
Dessert SOMETHING SWEET	Fresh Fruit Platter	Pear and Vanilla Cake	Fruity Jelly	Vegan Chocolate and Ginger Shortbread	Free from Lemon Muffin

Jacket Potatoes, salad bar and fresh fruit available daily.

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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

Dates
Week Commencing:

Allergens

Ce = Celery	*F = Fish*	*L = Lupin*	*Mu = Mustard*	*Se = Sesame Seeds*
Cr = Crustacean	*G = Cereals containing Gluten*	*Mk = Milk*	*N = Nuts*	*So = Soya*
E = Eggs		*Mo = Molluscs*	*P = Peanuts*	*Su = Sulphur Dioxide*

'Made Without' Menu

Week 2

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Gluten Free Penne Pasta with lamb Bolognaise or Halal Lamb Bolognese or Macaroni Cheese with Pizza Sauce or Jacket Potato with Fillings	Chicken Enchiladas Or Halal Chicken Enchiladas Or Tex Mex Bean and Vegetable Enchiladas Or Gluten Free Pasta Tomato Sauce	Roast Chicken with Gravy Or Halal Roast Chicken with Gravy Or Vegetable Sausages with Gravy Or Jacket Potato with Toppings	Lamb Cottage Pie with Gravy Or Halal Lamb Cottage Pie with Gravy or Vegan Cottage Pie with Gravy Or Pesto Pasta	Gluten Free Fish Fingers with Chips and Ketchup Or Gluten Free Cheese and Onion Quiche with Chips or jacket Potato with Toppings
Veg EXTRA GOOD	Broccoli Vegan Coleslaw Focaccia Bread	Mexican Sweetcorn Green Beans Potato wedges	Mixed Vegetables Mashed Potato	Mixed Vegetables Focaccia Bread	Peas or Baked Beans Focaccia Bread
Dessert SOMETHING SWEET	Fresh fruit platter	Orange shortbread	Fruity Jelly	Beetroot and red velvet cake	Free from ice cream

Jacket Potatoes, salad bar and fresh fruit available daily.

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E = Eggs		*Mo = Molluscs*	*P = Peanuts*	*Su = Sulphur Dioxide*

'Made Without' Menu

Week 3

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Ham and Pineapple Pizza or Margherita Pizza or Pasta Tomato Sauce Or Jacket Potato with Toppings	Butter Chicken Curry Or Halal Butter Chicken Curry Or Vegetable Curry Or Jacket Potato with Toppings	Roast Chicken and Gravy Or Halal Roast Chicken and Gravy Or Vegan Sausages and Gravy Or Pesto Pasta	Chicken Meatballs in Tomato sauce Or Halal Chicken Meatballs in Tomato Sauce Or Vegetable Meatballs in Tomato Sauce Or Jacket Potato with Toppings	Fish Fingers with Chips and ketchup Or Vegetable Bubble and Squeak Or Tomato Pasta with Cheese
Veg EXTRA GOOD	Broccoli Vegan Coleslaw Potato Wedges Focaccia Bread	Mixed Vegetables 50/50 Rice Focaccia Bread	Mixed Vegetables Roasted New Potatoes Focaccia Bread	Salal Bar 50/50 Pasta Focaccia Bread	Peas Or Baked Beans
Dessert SOMETHING SWEET	Fesh Fruit Platter	Chocolate Cookie	Fruity Jelly	Apple Cake	Iced Shortbread

Jacket Potatoes, salad bar and fresh fruit available daily.

APRIL
NEW POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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Dates
Week Commencing:

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