

# WEEK 1

WC 05/09/22, 26/09/22,  
31/10/22, 21/11/22, 12/12/22

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Oven baked gnocchi  
With tomato,  
mozzarella and pesto  
(G,SO,MK,E)

Butchers pork  
sausages, with onion  
gravy  
(G,SU)

Cheeseburger  
with sliced tomato,  
BBQ sauce, lettuce  
and red onions  
(G,SE,MK,E)

Mexican turkey with  
roasted peppers,  
beans chick peas,  
nacho and cheese  
topping  
(G,MU,MK)

Battered fish of the day  
served with homemade  
tartare sauce and lemon  
(G,SU,F,E)

Seafood paella, with  
lemon wedges and crusty  
bread (G,SE,MO,F,CR)

## Veggie

MEAT FREE

Chinese kung  
pao vegetables  
(G,SO,MU,CE)

Vegetarian sausages,  
with onion gravy  
(SU,SO,MU)

Baked veggie burger  
with cheese, tomato,  
lettuce and BBQ sauce  
(G,SE,MK,E)

Mexican Quorn with  
roasted peppers,  
beans and chick peas,  
nacho and cheese  
topping (G,MU,MK,E)

Cheese and tomato  
wholemeal quiche  
(G,MK,E)

## veg

EXTRA GOOD

Soy and ginger greens  
(G,SO)

Garden peas

Caesar salad  
(G,SU,SO,MU,MK,E,CE)

Sweetcorn

Garden peas

Carrots

Broccoli

Roasted tomatoes

Green beans

Baked beans

## Carbs

FUEL FOOD

Singapore noodles  
(G,E)

Creamy mash  
(MK)

Jacket wedges

Steamed rice

Chips

## Dessert

SOMETHING SWEET

Fresh seasonal fruits  
Home made yogurt  
(MK)

Chocolate sponge and  
chocolate sauce  
(G,MK,E)

Fresh seasonal fruits  
Home made yogurt  
(MK)

Winter berry  
cheesecake  
(G,MK,E)

Fresh seasonal fruits  
Home made yogurt  
(MK)

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

Red  
September

Orange  
October  
3rd-7th - National  
Curry Week

Yellow  
November  
21st - World Cup

White  
December  
Christmas Market

## LOOK OUT

Our tasty new, planet friendly 'Balance' recipes are packed with extra goodness and a reduced carbon footprint!

## 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 2

WC 12/09/22, 03/10/22,  
07/11/22, 28/11/22

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Baked Mac and cheese with crusty topping (MK, G,SO)

Baked lasagne topped with mozzarella (G,SU,SO,MU,MK,E,CE)

Roast chicken with stuffing and roast gravy (G)

BBQ pulled pork sandwich with coleslaw (G,SU,MU,MK,E)

Battered fish of the day served with homemade tartare sauce and lemon (G,SU,F,E)

Salmon and dill baked pasta with crunchy topping (G,SO,MK,F)

## Veggie

MEAT FREE

Sweet potato and cauliflower curry with chutney and popadom (MU,MK)

Roasted vegetable lasagne topped with mozzarella (G,MK,E)

Oriental stir fry noodles with Chinese vegetables and sweet chilli sauce (G,E)

Veggie quesadilla with coleslaw (G,SU,MU,MK,E)

Roast vegetable and halloumi kebab (MK)

## veg

EXTRA GOOD

Sweetcorn

Chefs seasonal salad

Lemon carrots

Sweetcorn

Garden peas

Carrots

Kale and crunchy vegetable coleslaw (E)

Broccoli

Green beans

Baked beans

## Carbs

FUEL FOOD

Pilau rice (MK)

Garlic bread (G,SO,MK)

Roast potatoes

Spiced potato wedges (MU)

Chips

## Dessert

SOMETHING SWEET

Fresh seasonal fruits  
Yogurt (MK)

Carrot cake (G,MK,E)

Fresh seasonal fruits  
Yogurt (MK)

Pear and apricot crumble with custard (G,MK)

Fresh seasonal fruits and yoghurt (MK)

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

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October  
3rd-7th - National Curry Week

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# WEEK 3

WC 19/09/22, 17/10/22,  
14/11/22, 05/12/22

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Spanish omelette  
With potatoes  
Cheddar and peas  
(MK,E)

Thai green  
turkey curry

Beef bolognaise  
pasta bake  
(G,SU,SO,MK,CE)

Spanish style chicken  
with chorizo, chick  
peas and potatoes,  
served with broccoli  
(MK)

Battered fish of the day  
served with homemade  
tartare sauce and lemon  
(G,SU,F,E,G)  
  
Sustainable fish pie with  
scalloped potatoes  
(G,SO,MK,F)

## Veggie

MEAT FREE

Vegan chilli con carne  
with vegan sour cream  
(SO,MU,CE)

Thai green  
vegetable curry

Veggie mince pastitsio  
(G,SU,SO,MK,CE)

Italian bean casserole  
(CE)

Cheddar cheese, leek  
and potato filo pie  
(G,SO,MK,E)

## veg

EXTRA GOOD

Green beans

Soy and ginger greens  
(G,SO)

Sweetcorn

Steamed cabbage

Garden peas

Courgettes

Roasted carrots

Caesar salad  
(G,SU,SO,MU,MK,E,CE)

Roasted cauliflower

Baked beans

## Carbs

FUEL FOOD

Tomato, garlic  
and spring onion rice

Steamed rice

Garlic bread  
(G,SO,MK)

Cous cous  
(G)

Chips

## Dessert

SOMETHING SWEET

Fresh seasonal fruits  
Home made yogurt  
(MK)

Lemon and poppy  
seed pudding  
(G,E,MK)

Fresh seasonal fruits  
Home made yogurt  
(MK)

Banoffee pie  
(G,SO,MK)

Fresh seasonal fruits  
home made  
yogurt(MK)

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