

Week 1

# MENU

mindful  
**food**  
BOOST YOUR MIND

Monday      Tuesday      Wednesday      Thursday      Friday

## MAINS HAPPY TUMS

Roasted veg lasagne (G, Mk)      Roast chicken and gravy (G)      Pasta bolognese (G)      Oven baked chicken sausages (G)      Breaded cod fish fingers (F, G) or Fisherman's pie (G, F, Mk)

## VEGGIE MEAT FREE

Red lentil and butternut squash Dahl served with rice (G, Mk)      Margherita pizza (G, Mk)      Cheese and vegetable kebab (G, Mk)      Veggie Quorn sausages (G, E, Mk)      Cheese and tomato quiche (G, E, Mk)

## VEG EXTRA GOOD

Broccoli      Steamed cabbage      Sweetcorn      Green beans      Baked beans  
Courgettes      Cauliflower      Coleslaw (E)      Carrots      Garden peas

## CARBS FUEL FOOD

Garlic bread (Mk, So, G) or Naan (G)      Roasted new potatoes      Seasoned wedges      Mashed potatoes (Mk)      Baked oven chips

## DESSERT SOMETHING SWEET

Fresh fruit or fruit yoghurt (Mk)      Chocolate cookie (G, E, Mk)      Fresh fruit      Lemon sponge (G, E, Mk)      Fresh fruit or fruit yoghurt (Mk)

**APRIL PUMPKIN SEEDS**  
22nd - St George's Day

**MAY RICE**  
19th - Pirate's & Mermaid's Day

**JUNE LEAFY GREENS**  
20th - 24th Teddy Bears' Picnic

**JULY COUS-COUS**



### Dates

Week Commencing:

25-Apr, 16-May, 13-Jun and 04 July

### 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

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Tomato pasta (G)	BBQ chicken (Ce, G, So, Su)	Cottage pie (Mk, Ce)	Roast pork, stuffing and gravy (G)	Breaded Fish Fingers (G, F) or Seafood paella (Cr, F, G, Mo)
<b>VEGGIE</b> MEAT FREE	Mixed vegetable Curry	Macaroni Cheese (G, Mk)	Mixed vegetable gratin (G, Mk)	Vegetable wrap (G, Mk, Mu)	Bean burger in a bap (G, E, Su, Mu, Se)
<b>VEG</b> EXTRA GOOD	Sweetcorn  Carrot	Broccoli  Cauliflower	Chef's Salad  Sweetcorn	Carrots  Courgettes	Baked Beans  Garden Peas
<b>CARBS</b> FUEL FOOD	Steamed rice	Garlic bread (G, Mk, So)	Half jackets	Roast potatoes	Baked Oven Chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit or fruit yoghurt (Mk)	Shortbread (G, Mk)	Fresh fruit	Fruity flapjack (G, Mk)	Fresh fruit or fruit yoghurt (Mk)

**APRIL PUMPKIN SEEDS**  
22nd - St George's Day

**MAY RICE**  
19th - Pirate's & Mermaid's Day

**JUNE LEAFY GREENS**  
20th - 24th Teddy Bears' Picnic

**JULY COUS-COUS**



## Dates

Week Commencing:  
02-May, 23-May and 20-June

## 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 3

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Vegetable and Quorn noodles (G, E)	Meat feast pizza (G, Mk)	Roast chicken and gravy (G)	Beef burger in a bun (G, E, So)	Breaded Fish Fingers (F,G)or Salmon pasta bake (F, G, Mk)
<b>VEGGIE</b> MEAT FREE	Roast vegetable penne pasta (G)	Leek and cheddar quiche (Ce, G, E, Mk)	Gnocchi with vegetables, tomato sauce (G, Mk)	Chickpea curry with rice	Potato and pea frittata (E, Mk)
<b>VEG</b> EXTRA GOOD	Chef's salad Baked beans	Sweetcorn Courgettes	Carrot Cauliflower	Chef's salad Carrots	Baked Beans Garden Peas
<b>CARBS</b> FUEL FOOD	Pasta (G)	Classic coleslaw (E)	Roast potatoes	Wedges	Baked Oven Chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit or fruit yoghurt (Mk)	Chocolate Marble Cake (G, E, Mk)	Fresh fruit	Apple and cinnamon crumble with custard (G, Mk)	Fresh fruit or fruit yoghurt (Mk)

**APRIL PUMPKIN SEEDS**  
22nd - St George's Day

**MAY RICE**  
19th - Pirate's & Mermaid's Day

**JUNE LEAFY GREENS**  
20th - 24th Teddy Bears' Picnic

**JULY COUS-COUS**



## Dates

Week Commencing:  
09-May, 06-Jun and 27-Jun

## 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