

MENU

week 1



MON TUES WED THU FRI

Mains

HAPPY TUMS

Thai vegetable Red Curry with chick peas (G, So)	Italian lasagne with beef ragout and mozzarella crust (G,Mk)	Roast chicken with sage and onion stuffing and pan gravy (G)	Chilli con carne with sour cream (Mu,Mk)	Cod fish fingers Tartare sauce and lemon wedges (G,Su,F,E) or Miso pollock with Asian vegetable noodles (G, F, E,So)
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Veggie

MEAT FREE

Sweet potato Feta & spinach puff pastry pie (G,Mk,E)	Mediterranean vegetable lasagne and mozzarella crust (G, Mk)	Cream cheese, red onion and spinach pasta bake (G,Mk)	Cauliflower and spinach balti (None)	Vegan Chick pea and corn burger with a mango and lime salsa served with Chips (G,Se)
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veg

EXTRA GOOD

Roasted vegetables Steamed broccoli	Sweetcorn Courgettes	Roasted carrots Cabbage	Cauliflower Green beans	Garden peas Baked beans
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carbs

FUEL FOOD

Steamed basmati rice	Focaccia fingers (G)	Roast potatoes	Steamed rice	Baked oven chips
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Dessert

SOMETHING SWEET

Fresh fruit	Chocolate chip Cookies (E,Mk,So)	Fresh fruit	Lemon & lime drizzle cake (G,Mk,E)	Fresh fruit
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MARCH SPINACH
5th - World Book Day

APRIL NEW POTATOES
23rd - St George's Day

MAY BASIL
5th - Europe Day

JUNE BEETROOT
7th - 11th Environment Week

JULY MINT
7th - Wimbledon Day

DATES
W/C 19/04, 10/05, 07/06
28/06

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

MENU

Week 2



Mains

HAPPY TUMS

Veggie

MEAT FREE

veg

EXTRA GOOD

carbs

FUEL FOOD

Dessert

SOMETHING SWEET

	MON	TUES	WED	THU	FRI
Mains	Green pesto penne pasta (G, Mk)	Spanish style chicken, chorizo and potato tray bake (So, Mk)	Slow cooked lamb and vegetable stew (Ce, G)	Pork / beef butchers sausages with gravy (G, Su)	Cod fish fingers Tartare sauce and lemon wedges (G, Su, F, E) or Roast pollock, fennel and new potato bake with caper aioli (F, E)
Veggie	Jacket potato with melted cheddar cheese (Mk)	Vegan Puy lentil shepherd's pie with sweet potato (So, G, Ce)	Tomato and mozzarella stonebaked pizza (G, Mk)	Vegetable sausages with gravy (G, Ce)	Oven baked gnocchi with tomato, mozzarella & pesto served with garlic bread (G, So, Mk, E)
veg	Rainbow slaw Sweetcorn	Steamed broccoli Roasted carrots	Roasted kale cauliflower	Courgettes Roasted tomatoes	Garden peas Baked beans
carbs	Garlic bread (G)		New potatoes	Creamy mashed potato (Mk)	Baked oven chips
Dessert	Fresh fruit	Banana cake with cream cheese frosting (G, Mk, E)	Fresh fruit	Chocolate cake (G, Mk, E)	Fresh fruit

MARCH SPINACH
5th - World Book Day

APRIL NEW POTATOES
23rd - St. George's Day

MAY BASIL
5th - Europe Day

JUNE BEETROOT
9th - 11th Environment Week

JULY MINT
7th - Wimbledon Day

Dates
W/C 26/04, 17/05, 14/06
05/07

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

MENU

week 3



MON TUES WED THU FRI

Mains

HAPPY TUMS

Penne pasta with tomato and basil sauce (G)	Classic beef burger Served in floured Bap (G)	Roast Norfolk turkey with apricot stuffing cranberry sauce & gravy (G,Su,So,Se,Mk)	Slow cooked Jamaican jerk chicken with sweet Potato (none)	Cod fish fingers Tartare sauce and lemon wedges (G,Su,F,E)
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Veggie

MEAT FREE

Macaroni creamy cheese and leek crumble (G, Mk, So)	Vegan lentils burger in floured Bap (G)	Roasted pepper, cheddar and courgette quiche (G, E,Mk)	Vegan Moroccan vegetable and chick pea stew (G)	Halloumi kebab (G,Mk)
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veg

EXTRA GOOD

Broccoli Chefs mixed salad	Sweetcorn Courgettes	Peas Diced swede	Mixed salad	Garden peas Baked beans
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carbs

FUEL FOOD

Garlic bread (G)	Coconut rice and peas	Thyme roast potatoes	Potato wedges	Baked oven chips
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Dessert

SOMETHING SWEET

Fresh fruit	Apple upside down cake (G,Mk,E)	Fresh fruit	Sugar free banana & date flapjack (G)	Fresh fruit
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MARCH SPINACH
5th - World Book Day

APRIL NEW POTATOES
23rd - St George's Day

MAY BASIL
5th - Europe Day

JUNE BEETROOT
9th - 11th Environment Week

JULY MINT
7th - Wimbledon Day

DATES
W/C 03/05, 24/05, 21/06

Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- E = Eggs
- Mo = Molluscs
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