









Menu

Week 1

Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -

| | MON | TUES | WED | THU | FRI |
|---|---|---|---|---|--|
| Choice 1 HAPPY TUMS | Margherita Pizza (G,E,Mk) (Vegan and Gluten Free Pizza Available) | Mild Chicken Curry  | Chicken sausages and gravy (G,Su)  | Coombe Hill Pasta Bar - Beef Bolognese (G)  | Baked Fish Fingers with Lemon Wedges (G,F) |
| Choice 2 MEAT FREE | Jacket Potato with Baked Beans and Cheese (Mk) | Mild Vegetable Curry  | Jacket Potato with Baked Beans, Cheese (Mk) or Tuna Mayonnaise (E,F) | Pasta with Cheese sauce (Mk,G), or Tomato sauce (G) | Breaded Vegetable Bake (G)  |
| Veg EXTRA GOOD  | Peas Sweetcorn | Roasted Cauliflower Peas | Carrots Green Beans | A Selection of Salads, Grated Cheese and Olives | Garden peas Baked beans |
| Carbs EXTRA FILLING  | Potato Wedges | Brown Rice | Mashed potato (Mk) | Freshly Made Garlic Bread (G) | Baked oven chips |
| Dessert SWEET TREAT  | Fresh Fruit or Yoghurts (Mk,So) | Eve's Pudding with Custard (G,Mk,E) | Fruit Jelly | Apple and Sultana Flapjack (Gluten free) | Fresh Fruit or Yoghurts (Mk,So) |

Salad bar and fresh fruit available daily.

Dates

Week Commencing:
2nd Sept, 23rd Sept, 14th Oct,
11th Nov and 2nd Dec



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

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

| | MON | TUES | WED | THU | FRI |
|---|---|---|---|--|---|
| Choice 1 HAPPY TUMS | Sweet and Sour Veg (G, So)  | Creamy chicken and sweetcorn pie with puff pastry (Mk,G)  | Roast Chicken  | Coombe Hill Pasta Bar - Beef Bolognese (G)  | Battered Pollock, Lemon and Tartare Sauce (G,F,Su,E) |
| Choice 2 MEAT FREE | Jacket Potato with Baked Beans and Cheese (Mk) | Vegetable Casserole (So,Ce)  | Jacket Potato with Baked Beans, Cheese (Mk) or Tuna Mayonnaise (E,F) | Pasta with Cheese sauce (Mk,G), or Tomato sauce (G) | Vegetarian Sausage Roll (G,So)  |
| Veg  EXTRA GOOD | Broccoli Sweetcorn | Peas | Carrots Green Beans | A Selection of Salads, Grated Cheese and Olives | Peas Baked Beans |
| Carbs  EXTRA FILLING | Steamed Rice | Brown Rice | Potato wedges | Freshly Made Garlic Bread (G) | Baked oven chips |
| Dessert SWEET TREAT  | Fresh Fruit or Yoghurts (Mk,So) | Raspberry Jam Sponge pudding (G,E) | Fruit Jelly | Italian Pineapple sponge Cake (G,Mk,E) | Fresh Fruit or Yoghurts (Mk,So) |

Salad bar and fresh fruit available daily.

Dates

Week Commencing:
9th Sept, 30th Sept, 21st Oct,
18th Nov and 9th Dec



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



Menu

Week 3

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

| | MON | TUES | WED | THU | FRI |
|---|---|--|--|--|--|
| Choice 1 HAPPY TUMS | Mild vegetable chilli con carne (G, SO, Mu)  | Chicken Burger (G,Se,Ce)  | Roast turkey  | Coombe Hill Pasta Bar - Beef Bolognese (G)  | Baked Fish Fingers with Lemon Wedges (G,F) |
| Choice 2 MEAT FREE | Jacket Potato with Baked Beans and Cheese (Mk) | Veggie Burger (G,Se)  | Jacket Potato with Baked Beans, Cheese (Mk) or Tuna Mayonnaise (E,F) | Pasta with Cheese sauce (Mk,G), or Tomato sauce (G) | Mexican Bean and Vegetable Burrito (G,Mk,Mu) |
| Veg  EXTRA GOOD | Green Beans Carrots | Steamed Broccoli Sweetcorn | Steamed Carrots Savoy Cabbage | A Selection of Salads, Grated Cheese and Olives | Peas Baked beans |
| Carbs  EXTRA FILLING | Steamed Rice | Potato Wedges | Roast potatoes Sage and onion stuffing (G) | Freshly Made Garlic Bread (G) | Baked oven chips |
| Dessert SWEET TREAT  | Oaty Apple Crumble (Gluten free) with Custard (Mk) | Fresh Fruit or Yoghurts (Mk,So) | Fruit Jelly | Banana Bread (G,Mk,E) | Fresh Fruit or Yoghurts (Mk,So) |

Salad bar and fresh fruit available daily.

Dates

Week Commencing:
16th Sept, 7th Oct, 4th Nov,
25th Nov and 16th Dec



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

