

WEEK 1

Week Commencing:
4th Sept, 25th Sept, 16th Oct,
13th Nov and 4th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Veggie Meatballs
with Tomato Sauce
(Ce, G)



Beef tacos,
sour cream, grated
cheese
(G,Mk)



Chicken Sausages
and Gravy
(G,Su)



Slow cooked
Bolognese Beef
Pasta Bake
(G,MK)



Fish Fingers (G,F)

Choice 2

Veggie Mince
Cobbler
(G,So,Mk,Ce)

Baked Jacket
Potato with a
Choice of Fillings

Veggie Sausages
and Gravy
(G,Ce)



Baked Jacket
Potato with a
Choice of Fillings

Cheese Omelette
(Mk,E)

veg EXTRA GOOD

Peas

Sweetcorn

Green Beans

Sweetcorn

Peas

Steamed Broccoli

Roasted Cauliflower

Carrots

Baked Beans

Carbs FUEL FOOD

Couscous
(G)

Savoury Rice

Creamy
Mashed Potato
(Mk)

Freshly made Garlic
Bread
(G,Mk)

Baked
Oven Chips

Dessert SOMETHING SWEET

Fresh Fruit and
Yoghurts
(Mk,So)

Chocolate
Sponge Cake
(G,Mk,E)

Fresh Fruit and Jelly

Banana Bread
(G,Mk,E)

Fresh Fruit and
Yoghurts
(Mk,So)

Salad bar and fresh fruit available daily.

Red
September

Orange
OCTOBER
5th - Superhero Day
31st - Halloween

Yellow
November
Diwali

White
December
Christmas Lunches



= Halal



= Vegan

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

Week Commencing:
11th Sept, 2nd Oct, 30th Oct,
20th Nov and 11th Dec

MENU

Eat the
Rainbow

Monday

Tuesday


Wednesday


Thursday

Friday

Choice 1

Baked Mild Mexican
Vegetable Enchilada
wraps
(Mu, Mk, G)


Chicken Burger with
Salad and Ketchup
in a Burger Bun
(G,Se) 

Roast Chicken Thigh
served with Stuffing
and Roast Gravy
(G,E,Mk) 

Tuna and
Sweetcorn Cheesy
Pasta Bake
(G,Mk,F)

Baked Fish Fillet
(G,F)

Choice 2

Mild Vegetarian Chilli
Con Carne
(G, SO) 

Baked Jacket Potato
with a Choice of
Fillings

Spring Onion,
Cheddar Cheese and
Tomato Quiche
(G,Mk,E)

Baked Jacket Potato
with a Choice of
Fillings

Vegetable Stir Fry
(G,Su,So,E)

veg
EXTRA GOOD

Peas
Broccoli

Green beans
BBQ Beans
(G,Su,So,Ce)

Carrots and cabbage

Cauliflower
Sweetcorn

Peas
Baked Beans

Carbs
FUEL FOOD

Steamed rice

Potato Wedges

Roast Potatoes

Freshly made Garlic
Bread
(G,Mk)

Baked
Oven Chips

Dessert
SOMETHING SWEET

Fresh Fruit and
Yoghurts
(Mk,So)

Chocolate Brownie
(G,Mk,E)

Fresh Fruit and Jelly

Fruity Flapjack
(G)

Fresh Fruit and
Yoghurts
(Mk,So)

Salad bar and fresh fruit available daily.

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WEEK 3

Week Commencing:
18th Sept, 9th Oct, 6th Nov,
27th Nov and 18th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Cheese and Tomato
Pizza
(G,E,Mk)

Sticky BBQ chicken
(G, SO, SU, CE)



Roast Turkey,
Stuffing and Roast
Gravy
(G,E,Mk)



Oven Baked
Lasagne topped
with Mozzarella
Cheese
(G,Mk,E)



Fish Fingers (G,F)

Choice 2

Vegetarian
Shepherd's Pie
(G,Su,So,Mk,Ce)

Baked Jacket Potato
with a Choice of
Fillings

Cheese, Leek and
Butternut Squash Pie
(G,Mk)

Baked Jacket Potato
with a Choice of
Fillings

Vegetarian Sausage
Roll
(G,Ce,E,Mk)

veg EXTRA GOOD

Baked Beans

Garden Peas

Green Beans

Cabbage and Carrots

Steamed Broccoli

Peas

Baked Beans

Carbs FUEL FOOD

Baked Jacket
Wedges

Steamed Rice

Roast Potatoes

Freshly made Garlic
Bread
(G,Mk)

Chips

Dessert SOMETHING SWEET

Fresh Fruit and
Yoghurts
(Mk,So)

Jamaican
Ginger Cake
(G,Mk,E)

Fresh Fruit and Jelly

Lemon Blondie
(G,E)

Fresh Fruit and
Yoghurts
(Mk,So)

Salad bar and fresh fruit available daily.

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