

WEEK 1

Week Commencing:
8th Jan, 29th Jan, 26th Feb
and 18th Mar

MENU

Eat the
Rainbow

Monday


Tuesday


Wednesday


Thursday


Friday

Choice 1

Butternut Squash
and Mushroom
Wellington
(G) 

Beef Keema Curry
with Mango
Chutney 

Chicken Sausages
and Gravy
(G,Su) 

Slow cooked
Bolognese Beef
Pasta Bake
(G,MK) 

Fish Fingers
(G,F)

Choice 2

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

Jacket Potato with a
choice of fillings

Quorn Fillets with
Gravy
(G) 

Jacket Potato with
a choice of fillings

Tomato and
Broccoli quiche
(G,Mk, E)

veg EXTRA GOOD

Peas

Sweetcorn

Green Beans

Peas

Steamed Broccoli

Roasted Cauliflower

Carrots

Sweetcorn

Baked Beans

Carbs FUEL FOOD

Couscous
(G)

Savoury Rice

Mashed Potato
(Mk)

Freshly made Garlic
Bread
(G)

Baked
Oven Chips

Dessert SOMETHING SWEET

Fresh Fruit and
Yoghurt
(Mk,So)

Strawberry Jam
topped Sponge
Cake
(G,Mk,E)

Fresh Fruit and Jelly

Banana Bread
(G,Mk,E)

Fresh Fruit and
Yoghurt
(Mk,So)

Salad bar and fresh fruit available daily.

Green

JANUARY

Brain Food Month

Purple

FEBRUARY

9th - Chinese New Year

Red

MARCH

4-8th - British Pie Week
15th - Red Nose Day

Orange

APRIL

23rd - St George's Day



= 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:
15th Jan, 5th Feb, 4th Mar
and 25th Mar

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Chickpea, Spinach
and Potato Curry



Chicken Burger
(G,Ce,Se)



Roast Chicken with
Gravy



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

Baked Fish Fillet
(G,F)

Choice 2

Vegetarian Stir-Fry
Noodles
(G,Su,So)



Jacket Potato with a
choice of fillings

Mild Vegetarian
Chilli Con Carne
with Rice
(G, SO,Mu)



Jacket Potato with a
choice of fillings

Vegetarian Cornish
Pasty
(G,So,Ce)



veg EXTRA GOOD

Peas
Broccoli

Green beans
Baked Beans

Carrots and
Cabbage

Cauliflower
Sweetcorn

Peas
Baked Beans

Carbs FUEL FOOD

Steamed rice

Potato Wedges

Roast Potatoes
Sage and Onion
Stuffing (G)

Freshly made Garlic
Bread
(G)

Baked
Oven Chips

Dessert SOMETHING SWEET

Fresh Fruit and
Yoghurt
(Mk,So)

Apple and pear
Crumble
(G,Mk)

Fresh Fruit
and Jelly

Fruity Flapjack
(G)

Fresh Fruit and
Yoghurt
(Mk,So)

Salad bar and fresh fruit available daily.

Green

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Purple

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Red

march

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WEEK 3

Week Commencing:
22nd Jan, 19th Feb and 11th Mar

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Cheese and
Tomato Pizza
(G,E,Mk)
Vegan and Gluten
Free Pizza Available

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



Roast Turkey with
Gravy



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



Fish Fingers (G,F)

Choice 2

Mixed Vegetable
Curry
(Ce)



Jacket Potato with a
choice of fillings

Vegetarian Burritos
(G, Mk)

Jacket Potato with a
choice of fillings

Vegetarian Sausage
Roll
(G,So)



veg
EXTRA GOOD

Baked Beans

Green Beans

Cabbage and
Carrots

Steamed Broccoli

Peas

Garden Peas

Baked Beans

Carbs
FUEL FOOD

Potato Wedges

Roast Potatoes

Freshly made Garlic
Bread
(G)

Chips

Steamed rice

Steamed Rice

Sage and Onion
Stuffing (G)

Dessert
SOMETHING SWEET

Fresh Fruit and
Yoghurt
(Mk,So)

Jamaican
Ginger Cake
(G,Mk,E)

Fresh Fruit and Jelly

Lemon Drizzle Cake
(G,E,Mk)

Fresh Fruit and
Yoghurt
(Mk,So)

Salad bar and fresh fruit available daily.

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march

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