

Menu

Week 1

LOOK OUT FOR
THIS ICON FOR
HALAL DISHES



THE FRESH LITTLE
ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Mild chick pea and
cauliflower curry

Italian
Lasagne
(G,Mk)



Roast chicken with
sage and onion
stuffing and pan gravy
(G)

Minced beef pie with
shortcrust pastry
(G,Mk,Ce)



Cod fish fingers
Tartare sauce and
lemon wedges
(G,Su,F,E)

Veggie
MEAT FREE

Homemade pea &
potato Samosa
steamed Basmati rice,
curry sauce
(G,Mu,Mk)

Vegan Beetroot and
red onion Tart
(G)

Cream cheese, red
onion and spinach
pasta bake
(G,Mk)

Veggie lentil
bolognaise, penne
pasta and parmesan
(G,Mk,E)

Vegan Chick pea and
corn burger with a
mango and lime salsa
served with Chips
(G,Se)

veg
EXTRA GOOD

Bombay vegetables
Steamed broccoli

Sweetcorn
Courgettes

Roasted carrots
Cabbage

Cauliflower
Green beans

Garden peas
Baked beans

carbs
FUEL FOOD

Steamed basmati rice

Focaccia fingers
(G)

Roast potatoes

Creamy mashed
potato
(Mk)

Baked oven chips

Dessert
SOMETHING SWEET

Orchard crumble
with custard
(G,Mk)

Sugar free banana
flapjack
(G)

Butterscotch bread
pudding with custard
(G,Su,So,Mk,E)

Lemon & lime drizzle
cake
(G,Mk,E)

Fresh fruit salad

Jacket potatoes served Monday and Thursday . Salad bar, cold desserts and fresh fruit available daily.

Dates

26TH April, 24TH May, 28TH 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

**APRIL
NEW
POTATOES**

23rd - St. George's Day

**MAY
BASIL**

5th - Europe Day

**JUNE
BEETROOT**

3rd - 11th Environment Week

**JULY
MINT**

7th - Wimbledon Day

Menu

Week 2

LOOK OUT FOR
THIS ICON FOR
HALAL DISHES



THE FRESH LITTLE
ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Macaroni Cheese
Bake
(G, Mk)

Spanish style chicken,
and potato tray bake
(So,Mk)



Pork butchers
sausages with gravy
(G,Su)

Batter crisp Pollock
fillet, Tartare sauce
and lemon wedges
(G,Mu,F,E)

Veggie
MEAT FREE

Vegetable tacos, sour
cream, grated cheese
guacamole & salad
(Mk,G)

Vegan Puy lentil
shepherd's pie with
sweet potato
(So,G,Ce)

Tomato and
mozzarella
stonebaked pizza
(G,Mk)

Indian spiced
vegetable filo strudel
with mango chutney
(G,Mu,Mk)

Oven baked gnocchi with
tomato, mozzarella &
pesto served with garlic
bread
(G,So,Mk,E)

veg
EXTRA GOOD

Rainbow slaw
Sweetcorn

Steamed broccoli
Roasted carrots

Roasted kale
cauliflower

Courgettes
Roasted tomatoes

Garden peas
Baked beans

carbs
FUEL FOOD

Mexican tomato rice
(G,Ce)

New potatoes

Creamy mashed
potato
(Mk)

Baked oven chips

Dessert
SOMETHING SWEET

Steamed chocolate
chip pudding with
chocolate sauce
(G,So,Mk,E)

Banana cake with
cream cheese frosting
(G,Mk,E)

Italian tiramisu
(G,Se,Mk)

Chocolate and vanilla
marble cake
(Mk,E,G)

Fresh fruit salad

Jacket potatoes served Monday and Thursday . Salad bar, cold desserts and fresh fruit available daily.

Dates

3rd May, 7th June, 5th 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

**APRIL
NEW
POTATOES**

23rd - St George's Day

**MAY
BASIL**

5th - Europe Day

**JUNE
BEETROOT**

3rd - 11th Environment Week

**JULY
MINT**

7th - Wimbledon Day

Menu

Week 3

LOOK OUT FOR
THIS ICON FOR
HALAL DISHES



THE FRESH LITTLE
ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Baked penne pasta
with a rich tomato
sauce and cheese
(Mk,G)

Slow cooked Jamaican
jerk pork with sweet
potato

Roast Norfolk turkey
with apricot stuffing
Cranberry sauce &
gravy
(G,Su,So,Se,Mk)

Classic beef burger
served in a sesame
seed bun
(G,Su,Se,Ce)

Cod fish fingers
Tartare sauce and
lemon wedges
(G,Su,F,E)

Veggie
MEAT FREE

Vegan Tandoori
cauliflower with taka
dhal
(G,Ce)

Layered roasted
vegetable, tomato
Enchilada pie
(G,Mk)

Cherry tomato pesto
& mozzarella puff
pastry tart
(G,Mk)

Spanish omelette with
potatoes, cheddar and
peas
(Mk,E)

Chinese vegetable
spring rolls with sweet
chilli & coriander
sauce
(G,So,Se)

veg
EXTRA GOOD

Broccoli
Chefs mixed salad

Sweetcorn
Courgettes

Curly kale
Diced swede

Sweetcorn
Green Beans

Garden peas
Baked beans

carbs
FUEL FOOD

Garlic bread
(G,So,Mk)

coconut rice and peas

Thyme roast potatoes

Parmentier potatoes

Baked oven chips

Dessert
SOMETHING SWEET

Warm Chocolate
Brownie and ice
cream
(G,Mk,E)

Ginger Biscuit
(G,Mk)

Sticky toffee pudding
with toffee sauce
(G,Su,Mk,E)

Mixed berry flapjack
(Mk,G)

Fresh fruit salad

Jacket potatoes served Monday and Thursday . Salad bar, cold desserts and fresh fruit available daily.

Dates

10TH May, 14TH June, 12TH 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

**APRIL
NEW
POTATOES**

23rd - St. George's Day

**MAY
BASIL**

5th - Europe Day

**JUNE
BEETROOT**

7th - 11th Environment Week

**JULY
MINT**

7th - Wimbledon Day

Menu

Week 4

LOOK OUT FOR
THIS ICON FOR
HALAL DISHES



THE FRESH LITTLE
ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Tomato , Basil and
Cheddar Risotto
(Mk)

Roast potato, turkey,
sausage & stuffing pie
(G,Su,Mu,Mk)

Peri Peri marinated
chicken thigh with
lemon mayonnaise
(E)

Savoury sausage meat
puff pastry Platt
(G,Su,E)

Batter crisp Pollock
fillet
Tartare sauce and
lemon wedges
(G,Mu,F,E)



Veggie
MEAT FREE

Vegetarian mince
chilli con carne,
crushed nachos, sour
cream
(G,So,Mu,Mk)

Macaroni, creamy
cheese and leek
crumble
(G,So,Se,Mk)

Sweet potato Feta &
spinach puff pastry pie
(G,Mk,E)

Vegan Moroccan
vegetable and chick
pea stew
(G,So)

Keema vegetable
Pattie
(G,So,Mu,E)

veg
EXTRA GOOD

Sweetcorn
Courgettes

Roasted cauliflower
Curly kale

Sticky honey carrots
Broccoli

Coriander roasted
tomatoes
Green beans

Garden peas
Baked beans

carbs
FUEL FOOD

Steamed rice

Creamy mashed
potato
(Mk)

Cajun roasted new
potatoes
(Mu)

Crushed potatoes
(Mk)

Oven baked chips

Dessert
SOMETHING SWEET

Cornflake tart and
custard
(G,Mk,E)

Lemon and poppy
seed pudding
(G,Mk,E)

Blueberry mess
(Mk,E)

Raisin and
banana cookie
(G,E,Mk)

Fresh fruit salad

Jacket potatoes served Monday and Thursday . Salad bar, cold desserts and fresh fruit available daily.

Dates

17th May, 21st June, 19th 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

**APRIL
NEW
POTATOES**

23rd - St. George's Day

**MAY
BASIL**

5th - Europe Day

**JUNE
BEETROOT**

7th - 11th Environment Week

**JULY
MINT**

7th - Wimbledon Day