

# WEEK 1

Week Commencing:  
4<sup>th</sup> Sept, 25<sup>th</sup> Sept, 16<sup>th</sup> Oct,  
13<sup>th</sup> Nov and 4<sup>th</sup> 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  
5<sup>th</sup> - Superhero Day  
31<sup>st</sup> - 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:  
11<sup>th</sup> Sept, 2<sup>nd</sup> Oct, 30<sup>th</sup> Oct,  
20<sup>th</sup> Nov and 11<sup>th</sup> 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,Ce,Se) 

Roast  
Chicken Thigh  
served with Roast  
Gravy 

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

Sage and Onion  
Stuffing (G,E,Mk)

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:  
18<sup>th</sup> Sept, 9<sup>th</sup> Oct, 6<sup>th</sup> Nov,  
27<sup>th</sup> Nov and 18<sup>th</sup> 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 with  
Roast Gravy



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

Green Beans

Cabbage and Carrots

Steamed Broccoli

Peas

Garden Peas

Baked Beans

## Carbs FUEL FOOD

Baked Jacket  
Wedges

Steamed Rice

Roast Potatoes

Sage and Onion  
Stuffing (G,E,Mk)

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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