

Menu

Week 1



Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Macaroni cheese
bake (G,Mk)

Vegan sweet
potato curry

Roasted carrots

Broccoli

Steamed Rice

Orchard crumble
and custard
(G,Mk)

Margherita pizza
(G,E,Mk)

Sweetcorn

Green beans

Seasoned
wedges

Lemon
drizzle cake
(G,Mk,E)

Roast chicken
and roast gravy

Lentil roast with
veggie gravy
(Mu,G,Ce)

Steamed
cabbage
Cauliflower

Roast potatoes

Fresh fruit jelly
pot

Beef lasagne
(G,Mk)

Roasted
vegetable
lasagne
(G,Mk)

Green beans

Carrots

Garlic bread
(G,So,Mk)

Fresh fruit salad

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

Gnocchi with
tomato sauce and
mozzarella
(G,So,Mk,E)

Baked beans

Garden peas

Baked oven chips

Banana cake with
chocolate sauce
(G,Mk,E)

Jacket Potatoes served on Tuesdays, salad bar, cold desserts and fresh fruit available daily.

**SEPTEMBER
SWEETCORN**

8th - American Day

**OCTOBER
APPLES**

6th - German Day

**NOVEMBER
BUTTERNUT**

5th - Bonfire Night

**DECEMBER
CELERIAC**

1st - 16th
12 Days of Christmas

Dates

6th Sep, 27th Sep, 18th Oct, 15th
Nov and 6th Dec

Ce = Celery
Cr = Crustacean
E = Eggs

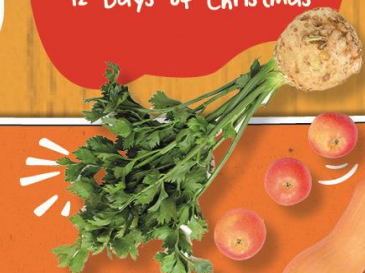
F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Allergens



Menu

Week 2



SEPTEMBER SWEETCORN

8th - American Day

OCTOBER APPLES

6th - German Day

NOVEMBER BUTTERNUT

5th - Bonfire Night

DECEMBER CELERIAC

1st - 16th
12 Days of Christmas

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

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

Pork hot dog (G,Su,Se)

Roast Turkey, stuffing and roast gravy (G)

Beef bolognaise

Breaded fish fillet (G,F)

Veggie
MEAT FREE

Five bean chilli (E,Ce,Su)

Vegetarian sausage hot dog (G,Su,So,Se,Mu)

Vegan Nut Free Pesto and Spinach penne (G)

Soya Mince and lentil Bolognaise (So,G)

Vegetarian sausage roll (G,Mk,E)

veg
EXTRA GOOD

Carrots

Sweetcorn

Carrots

Broccoli

Baked Beans

Garden peas

Baked beans

Courgettes

Leeks

Garden peas

Carbs
FUEL FOOD

Steamed rice

Baked potato wedges

Roast new potatoes

Penne pasta (G)
Garlic bread (G,So,Mk)

Baked Oven chips

Dessert
SOMETHING SWEET

Beetroot & chocolate cake (G,Mk,E)

Orange and turmeric loaf cake (G,Mk,E)

Fresh fruit jelly pot

Fresh fruit salad

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

Jacket Potatoes served on Tuesdays, salad bar, cold desserts and fresh fruit available daily.

Dates

13th Sep, 4th Oct, 1st Nov,
22nd Nov, 13th Dec

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



Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Tomato and
penne pasta bake
with cheesy top
(G, Mk)

Peri Peri chicken
(Su, E, G)

Pork sausages
(Su, G)

Beef burger
in a bun
(G, Se)

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

Veggie
MEAT FREE

Vegan tandoori
cauliflower with
taka dhal with rice
(G, Ce)

Roasted pepper,
onion and
cheddar
wholemeal quiche
(Mk, E, G)

Veggie sausages
(Su, Mu, So, G)

Veggie burger
in a bun
(G, Se, E)

Cheddar Cheese
and Leek Tart
(G, Mk, E)

veg
EXTRA GOOD

Carrots

Sweetcorn

Peas

Leeks

Baked beans

Green beans

Courgettes

Cauliflower

Carrots

Garden peas

Carbs
FUEL FOOD

Savoury rice
with peppers

Creamy
Mash
(Mk)

Burger bun

Baked
oven chips

Dessert
SOMETHING SWEET

Apple and
cinnamon
crumble with
custard (G, Mk)

Fruity flapjack
(G, Mk)

Fresh fruit jelly
pot

Carrot cake
(G, Mk, E)

Fresh fruit salad

Jacket Potatoes served on Tuesdays, salad bar, cold desserts and fresh fruit available daily.

Dates

20th Sep, 11th Oct, 8th Nov
and 29th Nov

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Allergens

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



**SEPTEMBER
SWEETCORN**

8th - American Day

**OCTOBER
APPLES**

6th - German Day

**NOVEMBER
BUTTERNUT**

5th - Bonfire Night

**DECEMBER
CELERIAC**

1st - 16th
12 Days of Christmas

