

# WEEK 1

5<sup>th</sup> SEP, 3<sup>RD</sup> OCT,  
7<sup>TH</sup> NOV, 5<sup>TH</sup> DEC

# MENU



= Halal  
= Vegan

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Penne pasta with  
tomato sauce  
(G)

Chicken sausages  
(G,SU)

Beef bolognese  
pasta bake  
(G,MK)

Margherita  
Pizza(G,E,Mk)

Breaded fish  
fingers  
(G,F)

**Veggie**  
MEAT FREE

Vegetable tortilla  
wrap with tomato  
sauce  
(G,MU)

Jacket potato  
with a choice of  
toppings

Vegetable and  
spinach pasta  
bake  
(G,)

Jacket potato  
with a choice of  
toppings

Curried Vegetable  
and Lentil Pasties  
(G)

**veg**  
EXTRA GOOD

Roasted carrots

Baked beans

Peas

Sweetcorn

Baked beans

Peas

Broccoli

Carrots

Broccoli

Garden peas

**Carbs**  
FUEL FOOD

Mashed potato  
(MK)

Garlic focaccia  
(G,MK)

Seasoned wedges

Baked oven  
chips

**Dessert**  
SOMETHING SWEET

Fresh fruit

Oaty cookie  
(G,MK,E)

Fresh fruit jelly

Lemon  
cheesecake  
(G,MK,E)

Fresh fruit salad

Salad bar, cold desserts and fresh fruit available daily.

**Red**  
September

**Orange**  
October  
6th - Superhero Day  
31st - Halloween

**Yellow**  
November  
21st - World Cup

**White**  
December  
Christmas Market

## 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

12<sup>TH</sup> SEP, 10<sup>TH</sup> OCT,  
14<sup>TH</sup> NOV, 12<sup>TH</sup> DEC

# MENU

 = Halal  
 = Vegan

Eat the  
**Rainbow**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b> HAPPY TUMS	Vegetarian pasta bolognaise (G) 	Baked lasagne (G,MK) 	Roast Chicken 	Burger in a bun with tomato sauce (G,Se) 	Breaded fish fingers (G,F)
<b>Veggie</b> MEAT FREE	Mixed vegetable curry 	Jacket potato with a choice of toppings	Quorn Fillets (G) 	Jacket potato with a choice of toppings	Penne pasta with grated courgette and Tomato sa (G)  
<b>veg</b> EXTRA GOOD	Peas Carrots	Broccoli Sweetcorn	Mediterranean vegetables Steamed Cabbage	Chef's salad Coleslaw (E)	Baked beans Garden peas
<b>Carbs</b> FUEL FOOD	Steamed rice	Garlic bread (G,SO,MK)	Roast potatoes	Potato wedges	Baked oven chips
<b>Dessert</b> SOMETHING SWEET	Fresh fruit	Carrot cake (G,MK,E)	Fresh fruit jelly	Chocolate rice crispy cake (G,SO,MK)	Fresh fruit salad

Salad bar, cold desserts and fresh fruit available daily.

**Red**  
September

**Orange**  
October  
6th - Superhero Day  
31st - Halloween

**Yellow**  
November  
21st - World Cup

**White**  
December  
Christmas Market

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WEEK 3

19<sup>th</sup> SEP, 17<sup>th</sup> OCT,  
21<sup>st</sup> NOV

# MENU



= Halal



= Vegan

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Vegetarian  
shepherd's pie  
(SU,SO,G,CE)



BBQ chicken  
(SU,SO,G,CE)



Roast turkey,  
stuffing and roast  
gravy  
(G)



Chicken sausage  
and baked bean  
casserole  
(SU,G)



Breaded fish  
fingers  
(G,F)

**Veggie**  
MEAT FREE

Penne pasta with  
pesto and spinach  
(G)



Jacket potato  
with a choice of  
toppings

Roast Vegetarian  
loaf  
(G)



Jacket potato  
with a choice of  
toppings

Chickpea and corn  
burger  
(G,Se)



**veg**  
EXTRA GOOD

Broccoli

Sweetcorn

Carrots

Leeks

Baked beans

Baked beans

Courgettes

Green beans

Sweetcorn

Garden peas

**Carbs**  
FUEL FOOD

Savoury rice with  
peppers

Roast new  
potatoes

Mashed potato  
(MK)

Baked oven  
chips

**Dessert**  
SOMETHING SWEET

Fresh fruit

Banoffee pie  
(G,SO,MK)

Fresh fruit jelly

Blueberry baked  
cheesecake  
(G,E,MK)

Fresh fruit salad

Salad bar, cold desserts and fresh fruit available daily.

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OCTOBER  
6th - Superhero Day  
31st - Halloween

**Yellow**  
NOVEMBER  
21st - World Cup

**White**  
DECEMBER  
Christmas Market

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WEEK 4

26<sup>TH</sup> SEP, 31<sup>ST</sup> OCT,  
28<sup>TH</sup> NOV

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Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

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**Mains**  
HAPPY TUMS

Chick peas and  
vegetable curry

Beef keema curry  
with mango chutney



Savoury sausage  
meat puff pastry  
platt with gravy  
(G,E)

Chicken, tomato  
and mozzarella  
baked wrap  
(MU,MK,G)



Breaded fish  
fingers  
(G,F)

**Veggie**  
MEAT FREE

Vegetable  
wellington

(G)



Jacket potato  
with a choice of  
toppings

Lentil and  
vegetables pie  
(G)



Jacket potato  
with a choice of  
toppings

Vegetarian  
sausage roll (G,So)



**veg**  
EXTRA GOOD

Garden peas

Peas

Sweetcorn

Broccoli

Garden peas

Carrots

Carrots

Curly kale

Chefs' salad

Baked beans

**Carbs**  
FUEL FOOD

Rice

Steamed rice

Mashed potato  
(MK)

Diced potatoes

Baked oven  
chips

**Dessert**  
SOMETHING SWEET

Fresh fruit

Lemon blondie  
(G,E,Mk)

Fresh fruit jelly

Banana and  
apple crumble  
(G,MK)

Fresh fruit salad

Salad bar, cold desserts and fresh fruit available daily.

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