

Week 1

# MENU



Halal  
Vegan

mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

**MAINS**  
HAPPY TUMS

Vegetable and  
Quorn curry  
(E)

Margherita Pizza  
(G,E,Mk)

Roast Chicken  
with gluten free  
gravy

Beef Lasagne  
(G,Mk,E)

Cod Fish Fingers  
Tartare Sauce and  
Lemon Wedge  
(G,F,E,Su)

**VEGGIE**  
MEAT FREE

Vegetable  
wellington  
(G)

Vegan pizza  
(G)

Vegetable  
Casserole

Veggie Mince  
Lasagne  
(G)

Cornish Pasty  
Triangles  
(G, Ce,So)

**VEG**  
EXTRA GOOD

Carrots  
Broccoli

Sweetcorn  
Green beans

Steamed Cabbage  
Cauliflower

Green Beans  
Carrots

Baked Beans  
Garden Peas

**CARBS**  
FUEL FOOD

Steamed rice

Seasoned Wedges

Roast Potatoes

Garlic Bread  
(G)

Baked Oven Chips

**DESSERT**  
SOMETHING SWEET

Fresh fruit  
Fruit yoghurt  
(Mk)

Apple crumble  
and custard  
(G, Mk)  
Fresh fruit  
Fruit yoghurt  
(Mk)

Oat cookie  
(G,Mk,E)  
Fresh fruit  
Fruit yoghurt  
(Mk)

Baked blueberry  
cheesecake  
Fresh fruit  
Fruit yoghurt  
(Mk)

Fresh fruit salad  
Fruit yoghurt  
(Mk)

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

Dates

Week Commencing:

18-Apr, 9-May, 6-Jun, 27-Jun and  
18-Jul

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

# MENU



Halal  
Vegan

mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

**MAINS**  
HAPPY TUMS

Moroccan  
vegetable and  
chickpea tagine  
(G, So)

Cottage Pie  
(G,Ce)

Roast Turkey,  
Stuffing (G) and  
gluten free  
Gravy

Oven baked Chicken  
sausages  
(G,Su)

Breaded  
Fish Fillet  
(G,F)

**VEGGIE**  
MEAT FREE

Ratatouille,  
Chunky  
vegetables with  
tomato

Vegetarian  
cottage Pie  
(Ce, So)

Lentil roast  
(G, Ce, Mu)

Veggie sausages  
(G, So)

Vegetarian  
Sausage Rolls  
(G, So)

**VEG**  
EXTRA GOOD

Sweetcorn

Broccoli

Carrots

Broccoli

Baked Beans

Carrots

Cauliflower

Courgettes

Sweetcorn

Garden Peas

**CARBS**  
FUEL FOOD

Steamed Rice

Garlic Bread  
(G)

Roast New  
Potatoes

Mash potatoes

Baked Oven  
Chips

**DESSERT**  
SOMETHING SWEET

Fresh Fruit  
Fruit yogurt (Mk)

Jam and coconut  
sponge custard  
(G,E,Mk)  
Fresh fruit  
Fruit yogurt (Mk)

Fresh fruit  
Fresh fruit  
Fruit yogurt  
(Mk)

Chocolate and Vanilla  
Marble Cake  
(Mk,E,G)  
Fresh fruit  
Fruit yoghurt (Mk)

Fresh fruit  
salad  
Fruit yoghurt  
(Mk)

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

Dates

Week Commencing:

25-Apr, 16-May, 13-Jun and 4-Jul

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  
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Week 3

# MENU



Halal  
Vegan

mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

## MAINS

HAPPY TUMS

Mixed roasted  
sweet pepper,  
wholemeal quiche  
(Mk ,E ,G)

Beef Burger in a bun  
(G,Se)

Turkey and  
Leek puff pastry  
Pie (G)

Chinese chicken  
With Noodles  
(G,E,So)

Cod Fish Fingers  
Tartare Sauce and  
Lemon Wedge  
(G,F,E,Su)

## VEGGIE

MEAT FREE

Penne pasta with  
pesto and spinach  
(G)

Vegan Burger  
(G,Se)

Lentil  
Bolognaise (G)

Sweet Chilli  
Vegetables On soft  
noodles (G, So)

Curried Vegetable  
and Lentil Pasties  
(G)

## VEG

EXTRA GOOD

Sweetcorn  
Green beans

Courgettes  
Broccoli

Peas  
Cauliflower

Leeks  
Carrots

Baked Beans  
Garden Peas

## CARBS

FUEL FOOD

Seasoned baked  
wedges

Creamy Mash

Baked Oven Chips

## DESSERT

SOMETHING SWEET

Fresh fruit  
Fruit yogurt  
(Mk)

Chocolate cake with  
chocolate sauce  
(Mk,E,G)  
Fresh fruit  
Fruit yogurt (Mk)

Fresh fruit  
Fruit yogurt  
(Mk)

Pear Sponge with  
custard  
(G,Mk,E)  
Fresh fruit  
Fruit yogurt (Mk)

Fresh fruit salad  
Fruit yoghurt  
(Mk)

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

Dates

Week Commencing:

02-May, 23-May, 20 Jun and 11-Jul

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  
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