

Week 1

# MENU



mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

**MAINS**  
HAPPY TUMS

Macaroni Cheese  
Bake  
(G,Mk)

Roast Chicken and  
Roast Gravy

Beef Lasagne  
(G,Mk)

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



**VEGGIE**  
MEAT FREE

Sweet Potato  
Curry



Margherita Pizza  
(G,E,Mk)

Lentil Roast with  
Veggie Gravy  
(Mu,G,Ce)

Roasted  
Vegetable  
Lasagne  
(G,Mk)

Gnocchi with  
Tomato Sauce and  
Mozzarella  
(G,So,Mk,E)

**VEG**  
EXTRA GOOD

Roasted 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,So,Mk)

Baked Oven Chips

**DESSERT**  
SOMETHING SWEET

Selection of Sliced  
Fruits and Fresh  
Fruit Salad



Lemon  
Drizzle Cake  
(G,Mk,E)

Orchard Crumble  
and Custard  
(G,Mk)

Fresh Fruit Jelly  
Pot



Banana Cake with  
Chocolate Sauce  
(G,Mk,E)

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



Dates

3dr Jan, 24th Jan and 14th Feb

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



mindful  
**food**  
BOOST YOUR MIND

|                                   | Monday                                                         | Tuesday                                                                                                     | Wednesday                                                                                                                            | Thursday                                                                                               | Friday                                                                                                                                       |
|-----------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MAINS</b><br>HAPPY TUMS        | Cream Cheese,<br>Red Onion and<br>Spinach Pasta<br>Bake (G,Mk) | Chicken Hot Dog<br>(G,Su)  | Roast Turkey,<br>Stuffing and Roast<br>Gravy (G)  | Beef<br>Bolognaise  | Breaded<br>Fish Fillet<br>(G,f)                                                                                                              |
| <b>VEGGIE</b><br>MEAT FREE        | Five Bean Chilli<br>(E,Ce,Su)                                  | Vegetarian<br>Sausage Hot Dog<br>(G,So)                                                                     | Vegan Nut Free<br>Pesto and Spinach<br>Penne (G)  | Soya Mince and<br>Lentil Bolognaise<br>(So,G)                                                          | Vegetarian<br>Sausage Roll<br>(G,Mk,E)                                                                                                       |
| <b>VEG</b><br>EXTRA GOOD          | Carrots<br>~~~~<br>Garden Peas                                 | Sweetcorn<br>~~~~<br>Baked Beans                                                                            | Carrots<br>~~~~<br>Courgettes                                                                                                        | Broccoli<br>~~~~<br>Leeks                                                                              | Baked Beans<br>~~~~<br>Garden Peas                                                                                                           |
| <b>CARBS</b><br>FUEL FOOD         | Steamed Rice                                                   | Baked Potato<br>Wedges                                                                                      | Roast New<br>Potatoes                                                                                                                | Spaghetti<br>(G)<br>Garlic Bread<br>(G,So,Mk)                                                          | Baked Oven Chips                                                                                                                             |
| <b>DESSERT</b><br>SOMETHING SWEET | Beetroot and<br>Chocolate Cake<br>(G,Mk,E)                     | Orange And<br>Turmeric Loaf<br>Cake<br>(G,Mk,E)                                                             | Fresh Fruit Jelly<br>Pot                        | Chocolate And<br>Vanilla<br>Marble Cake<br>(Mk,E,G)                                                    | Selection of Sliced<br>Fruits and Fresh<br>Fruit Salad  |

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



Dates

10th Jan and 31st Jan

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Week 3

# MENU



mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

## MAINS

HAPPY TUMS

Tomato and  
Penne Pasta Bake  
with Cheesy Top  
(G,Mk)

Peri Peri Chicken  
(Su,E,G)



Chicken 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

Tandoori  
Cauliflower with  
Taka Dhal and  
Rice (G,Ce)



Roasted Pepper,  
Onion and Cheddar  
Wholemeal Quiche  
(Mk,E,G)

Veggie Sausages  
(So, G)

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

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

## VEG

EXTRA GOOD

Carrots  
~~~  
Green Beans

Sweetcorn  
~~~  
Courgettes

Peas  
~~~  
Cauliflower

Leeks  
~~~  
Carrots

Baked Beans  
~~~  
Garden Peas

## CARBS

FUEL FOOD

Savoury Rice  
with Peppers

Creamy  
Mash  
(Mk)

Burger bun  
(G,Se)

Oven Baked  
Chips

## DESSERT

SOMETHING SWEET

Selection of Sliced  
Fruits and Fresh  
Fruit Sala



Fruity Flapjack  
(G,Mk)

Apple and  
Cinnamon  
Crumble with  
Custard (G,Mk)

Carrot cake  
(G,Mk,E)

Fresh Fruit Jelly  
Pot



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



Dates

17<sup>th</sup> Jan and 7<sup>th</sup> Feb

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