

Week 1



Halal



Vegan

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



FEBRUARY  
**EGGS**



APRIL  
**PUMPKIN SEEDS**  
22nd - St. George's Day

Dates

3<sup>rd</sup> Jan, 24<sup>th</sup> Jan and 14<sup>th</sup> 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



Halal



Vegan

# MENU



mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

**MAINS**  
HAPPY TUMS

Cream Cheese,  
Red Onion and  
Spinach Pasta  
Bake (G,Mk)

Chicken Hot Dog  
(G,Su)



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,So)

Nut Free Pesto  
and Spinach Penne  
(G)



Soya Mince and  
Lentil Bolognaise  
(So,G)

Vegetarian  
Sausage Roll  
(G,Mk,E)

**VEG**  
EXTRA GOOD

Carrots  
~~~~  
Garden Peas

Sweetcorn
~~~~  
Baked Beans

Carrots  
~~~~  
Courgettes

Broccoli
~~~~  
Leeks

Baked Beans  
~~~~  
Garden Peas

CARBS
FUEL FOOD

Steamed Rice

Baked Potato
Wedges

Roast New
Potatoes

Spaghetti
(G)
Garlic Bread
(G,So,Mk)

Baked Oven Chips

DESSERT
SOMETHING SWEET

Beetroot and
Chocolate Cake
(G,Mk,E)

Orange And
Turmeric Loaf
Cake
(G,Mk,E)

Fresh Fruit Jelly
Pot



Chocolate And
Vanilla
Marble Cake
(Mk,E,G)

Selection of Sliced
Fruits and Fresh
Fruit Salad



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



Dates

10th Jan and 31st Jan

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

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G = Cereals
containing Gluten

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P = Peanuts

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Week 3



Halal



Vegan

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

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