

WEEK 1

2nd Jan, 23rd Jan,
20th Feb and 13th March

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Penne Pasta with
Tomato Sauce
(G)



Roast Chicken



Beef Chilli Con
Carne
(Mu)



Chicken sausages
(G, Su)



Breaded Fish
Fingers
(G,F)

Choice 2

Mushroom Risotto
(Ce)



Jacket Potato and a
choice of fillings

Veggie Chilli
(G, So)



Jacket Potato and a
choice of fillings

Vegetable Samosa
(G, Mu)



veg EXTRA GOOD

Roasted Carrots
~~~~~  
Peas

Green Beans  
~~~~~  
Carrots

Sweetcorn
~~~~~  
Leeks

Baked Beans  
~~~~~  
Broccoli

Baked Beans
~~~~~  
Garden Peas

## Carbs FUEL FOOD

Roast Potatoes

Savoury Rice

Mashed Potato  
(Mk)

Baked Oven  
Chips

## Dessert SOMETHING SWEET

Lemon cake  
(G)



Oaty Flapjack  
(G, Mk)

Fruit Jelly

Raspberry Jam  
Sponge  
(G, E, Mk)

Fresh Fruit Salad

Salad bar, cold desserts & fresh fruit available daily.

# Green

JANUARY

19th - Outer Space Day

# Purple

FEBRUARY

21st - Pancake Day

# Red

MARCH

6th - World Book Day

# Orange

APRIL

24th - St George's Day



= Halal



= Vegan

## 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

9<sup>th</sup> Jan, 30<sup>th</sup> Jan,  
27<sup>th</sup> Feb and 20<sup>th</sup> Mar

# MENU

Eat the  
**Rainbow**

Monday


Tuesday

Wednesday


Thursday


Friday

## Choice 1

Chickpea  
Spinach and Potato  
Curry 

Beef Lasagne  
(G,Mk) 

Roast Turkey,  
Stuffing and Gravy  
(G) 

Burger in a Bun with  
Tomato Sauce  
(G,Se) 

Breaded Fish  
(G,F)


## Choice 2

Vegetable  
Wellington  
(G) 

Jacket Potato and a  
choice of fillings

Quorn Fillets  
(G) 

Jacket Potato and a  
choice of fillings

Cornish Pasty  
Triangles  
(G,So) 

## veg EXTRA GOOD

Peas  
~~~~~  
Carrots

Green Beans
~~~~~  
Sweetcorn

Carrots  
~~~~~  
Broccoli

Chef's Salad
~~~~~  
Sweetcorn

Baked Beans  
~~~~~  
Garden Peas

Carbs FUEL FOOD

Steamed Rice


Garlic Bread
(G,Mk)

Roast New Potatoes

Potato Wedges

Baked Oven
Chips

Dessert SOMETHING SWEET

Victoria sponge
(G, So) 

Apple Cake
(G, Mk, E)

Fruit Jelly

Chocolate Sponge
(G,Mk,E)

Fresh Fruit Salad

Salad bar, cold desserts & fresh fruit available daily.

Green

JANUARY

19th - Outer Space Day

Purple

FEBRUARY

21st - Pancake Day

Red

MARCH

6th - World Book Day

Orange

APRIL

24th - St George's Day



= Halal



= Vegan

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 3

16th Jan, 6th Feb,
6th Mar and 27th Mar

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Vegetarian
Shepherd's Pie
(Su, So, G, Ce)



Chicken Curry



Beef Bolognese
Pasta
(G)



Margherita Pizza
(G, E, Mk)

Breaded Fish
Fingers
(G, F)

Choice 2

Penne Pasta with
Pesto and Spinach
(G)



Jacket Potato and a
choice of fillings

Vegetarian Pasta
Bolognese
(G)



Jacket Potato and a
choice of fillings

Vegetarian
Sausage Roll
(G, So)



veg EXTRA GOOD

Green Beans
~~~~~  
Carrots

Peas  
~~~~~  
Sweetcorn

Mediterranean
Vegetables
~~~~~  
Broccoli

Sweetcorn  
~~~~~  
Chef's Salad

Baked Beans
~~~~~  
Garden Peas

## Carbs FUEL FOOD

Steamed Rice

Garlic Bread  
(G, Mk)

Potato wedges

Baked Oven  
Chips

## Dessert SOMETHING SWEET

Chocolate cake  
(G)



Jam Sponge  
(G, Mk, E)

Fruit Jelly

Pear and Cinnamon  
Crumble  
(G, E, Mk)

Fresh Fruit Salad

Salad bar, cold desserts & fresh fruit available daily

# Green

JANUARY

19<sup>th</sup> - Outer Space Day

# Purple

FEBRUARY

21<sup>st</sup> - Pancake Day

# Red

MARCH

6<sup>th</sup> - World Book Day

# Orange

APRIL

24<sup>th</sup> - St George's Day



= Halal



= Vegan

## 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