

# WEEK 1

15<sup>th</sup> Apr, 6<sup>th</sup> May, 3<sup>rd</sup> Jun  
24<sup>th</sup> Jun and 15<sup>th</sup> Jul

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday


Thursday


Friday

## Choice 1

Macaroni  
and Cheese  
(G, Mk)


Mild Beef  
Chilli con Carne  


Chicken Sausages  
with Gravy  
(G, Su) 

Sweet and Sour  
Stir Fry Chicken  
(G, So) 

Fish fingers  
(G, F)

## Choice 2

Tomato and  
Basil Pasta  
(G) 

Jacket Potato with a  
choice of fillings

Quorn Fillets  
with Gravy  
(G) 

Jacket Potato with a  
choice of fillings

Vegetable Quiche  
(G, Mk, E)

## veg EXTRA GOOD

Peas  
Steamed cauliflower

Sweetcorn  
Broccoli

Carrots and  
Cabbage

Steamed Broccoli  
Green beans

Garden peas  
Baked beans

## Carbs FUEL FOOD

Savoury Rice

Mashed Potato  
(Mk)

Baked  
Oven Chips

## Dessert SOMETHING SWEET

Fresh Fruit or  
Yoghurts  
(Mk, So)

Pineapple  
upside-down-cake  
(G, Mk, E)

Fresh Fruit or Jelly

Banana Cake  
(G, Mk, E)

Fresh Fruit or  
Yoghurts  
(Mk, So)

Salad bar and fresh fruit available daily

**Orange**  
APRIL  
23<sup>rd</sup> - St George's Day

**Yellow**  
MAY  
16<sup>th</sup> - Outer Space Day  
23<sup>rd</sup> - National Biscuit Day

**Green**  
JUNE  
18<sup>th</sup> - Teddy Bears' Picnic

**Purple**  
JULY  
4<sup>th</sup> - World Chocolate Day  
The Olympics



= 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

22<sup>nd</sup> Apr, 13<sup>th</sup> May, 10<sup>th</sup> Jun  
1<sup>st</sup> Jul and 22<sup>nd</sup> Jul

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Vegetable  
Lasagne  
(G, Mk, E)

Mild Chicken Curry



Chicken Burger  
(G, Ce, Se)



Beef Bolognese  
Pasta Bake  
(G,MK)



Battered  
Fish Fillet  
(G,F)

Choice 2

Vegetarian  
Cottage Pie  
(So)

Jacket Potato with  
a choice of fillings

Veggie Burger  
(G, Se)

Jacket Potato with  
a choice of fillings

Vegetarian  
Cornish Pasty  
(G, So, Ce)

veg  
EXTRA GOOD

Peas  
Broccoli

Green beans  
Baked Beans

Carrots and  
Cabbage

A selection of  
salads, grated  
cheese and olives

Peas  
Baked Beans

Carbs  
FUEL FOOD

Steamed Rice

Potato wedges

Freshly Made Garlic  
Bread  
(G)

Baked  
Oven Chips

Dessert  
SOMETHING SWEET

Fresh Fruit or  
Yoghurts  
(Mk,So)

Carrot Cake with  
Buttercream  
Frosting  
(G, Mk, E)

Fresh Fruit or Jelly

Lemon Drizzle Cake  
(G, Mk, E)

Fresh Fruit or  
Yoghurts  
(Mk,So)

Salad bar and fresh fruit available daily

Orange  
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WEEK 3

29<sup>th</sup> Apr, 20<sup>th</sup> May, 17<sup>th</sup> Jun  
and 8<sup>th</sup> Jul

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

Choice 1

Pizza Margherita  
(G, Mk, E)  
(Vegan and Gluten Free  
Pizza Available)

Sticky BBQ Chicken  
(G, So, Su, Ce)



Roast Turkey  
With Gravy



Oven Baked  
Lasagne with  
Mozzarella Cheese  
(G,Mk,E)



Fish Fingers (G,F)

Choice 2

Vegetarian Sausage  
with Gravy  
(G)



Jacket Potato with a  
choice of fillings

Leek and Cheddar  
Frittata  
(Mk, E)



Jacket Potato with a  
choice of fillings

Vegetarian  
Sausage Roll  
(G, So)



veg  
EXTRA GOOD

Sweetcorn  
Garden Peas

Green Beans

Cabbage and  
Carrots

A selection of  
salads, grated  
cheese and olives

Peas  
Baked Beans

Carbs  
FUEL FOOD

Potato wedges

Steamed Rice

Roast Potatoes,  
Sage and Onion  
Stuffing (G)

Freshly Made Garlic  
Bread (G)

Baked  
Oven Chips

Dessert  
SOMETHING SWEET

Fresh Fruit or  
Yoghurts  
(Mk, So)

Baked Jam Sponge  
with Custard  
(G, Mk, E)

Fresh Fruit or Jelly

Dorset Apple Cake  
(G, Mk, E)

Fresh Fruit or  
Yoghurts  
(Mk, So)

Salad bar and fresh fruit available daily

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