

Menu

Week 1

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Choice 1 HAPPY TUMS	Creamy Sweetcorn and Leek Pasta Bake (G,Mk)	Sticky BBQ Chicken (SU)	Cajun Roasted Chicken Thighs served with Gravy (Mu)	Coombe Hill Pasta Bar Beef Bolognese (G)	Battered Fish Fillet with Home-Made Tartar Sauce (G,F,E)
Choice 2 MEAT FREE	Jacket potato with Baked Beans and Cheese (Mk)	Sticky BBQ Quorn (E,SO)	Jacket potato with Baked Beans and Cheese (Mk) Tuna Mayonnaise (F,E)	Pasta with Cheese Sauce (Mk,G), or Tomato Sauce (G)	Breaded Veggie Fingers (G,Se,E)
Veg EXTRA GOOD	Peas ~~~~~ Steamed Cauliflower	Broccoli ~~~~~ Sweetcorn	Roasted Parsnips ~~~~~ Green Beans	A Selection of Salads	Peas ~~~~~ Baked Beans
Carbs EXTRA FILLING	Herb Bread (G)	Steamed Rice	Roast New Potatoes	Freshly Made Garlic Bread (G)	Oven Baked Chips
Dessert SWEET TREAT	Fresh Fruit or Yoghurt (Mk,So)	Gluten Free Orchard Crumble and Custard (MK)	Fruity Flavoured Jelly (None)	Gluten Free Apple and Sultan Flapjack (None)	Fresh Fruit Yoghurt (Mk,So)

Salad bar and fresh fruit available daily.



Dates

Week Commencing:
06/01/2025, 27/01/2025,
24/02/2025 and 17/03/2025



Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Menu

Week 2

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

Choice 1

HAPPY TUMS

Macaroni Cheese with a Crunchy Topping
(G,Mk,So)

Keema Beef Curry
(G,Mk)

Roast Chicken with Gravy
(None)

Coombe Hill Pasta Bar
Beef Bolognese
(G)

Fish Fingers with Ketchup
(G,F)



Choice 2

MEAT FREE

Jacket potato with Baked Beans and Cheese **(Mk)**

Spring Vegetable and Lentil Curry
(G,Mk,So)

Jacket potato with Baked Beans and Cheese **(Mk)**
Tuna Mayonnaise
(F,E)

Pasta with Cheese Sauce **(Mk,G)**, or Tomato Sauce **(G)**

Potato Onion and Spinach Omelette
(E,Mk)

Veg

EXTRA GOOD

Broccoli
~~~~~  
Steamed Carrots

Cauliflower  
~~~~~  
Sweetcorn

Baby Carrots
~~~~~  
Steamed Cabbage and Leeks

A Selection of Salads

Garden Peas  
~~~~~  
Baked Beans

Carbs

EXTRA FILLING

Herb bread
(G)

Steamed Rice

Roasted Potatoes

Freshly Made Garlic Bread
(G)

Oven Baked Chips

Dessert

SWEET TREAT

Fresh Fruit or Fruit Yogurt
(Mk,So)

Honey Cake
(G,E)

Fruity Flavoured Jelly
(NONE)

Oats and Orange Cookies
(G,Mk)

Fresh Fruit Yoghurt
(Mk,So)

Salad bar and fresh fruit available daily.

RHUBARB
January

BROCCOLI
February

SPRING ONIONS
March

SPINACH
April

Dates

Week Commencing:

13/01/2025,

03/02/2025, 3/03/2025

and 24/03/2025



= 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

Menu

Week 3

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Choice 1 HAPPY TUMS	Margherita Pizza with Mozzarella Cheese (G,Mk,E)	Roast Chicken sausages with Onion Gravy (G,Su) 	Roast Turkey Breast with Gravy and Cranberry Sauce (None) 	Coombe Hill Pasta and Beef Bolognese (G)	Battered Fish Fillet with Home-made Tartar Sauce (G,F,E)
Choice 2 MEAT FREE	Jacket potato with Baked Beans and Cheese (Mk)	Vegetable Casserole (So,Ce) 	Jacket potato with Baked Beans and Cheese (Mk) Tuna Mayonnaise (F,E)	Pasta with Cheese sauce (Mk,G) , or Tomato sauce (G)	Vegetable Fingers (G,Se,E)
Veg  EXTRA GOOD	Mediterranean Roasted Vegetables	Steamed Peas ~~~~~ Sweetcorn	Green Beans ~~~~~ Roast Parsnips	A Selection of Salads	Garden Peas ~~~~~ Baked Beans
Carbs  EXTRA FILLING	Spicy Potato Wedges	Fluffy Mashed Potato	Roasted New Potatoes	Freshly Made Garlic Bread (G)	Oven Baked Chips
Dessert SWEET TREAT 	Fresh Fruit or Yogurt (Mk,So)	Gluten Free Apple Crumble (None)	Fruity Flavoured Jelly (None)	Gluten free Banana and Date Flapjack (None)	Fresh Fruit Yoghurt (Mk,So)

Salad bar and fresh fruit available daily.



Dates

Week Commencing:
20/01/2025, 10/02/2025,
10/03/2025 and
31/03/2025



Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soya
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide