

Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday Tuesday Wednesday Thursday Friday

<p>Sweet Potato Braised in a Butter Curry Sauce with Tomato and Mint Sambal (Mk,So) </p>	<p>Tex-Mex Pizza (Ground Beef, Peppers and Sweetcorn) (G,Mk)</p>	<p>Chicken and Herb Sausage Roll with an Apple and Sage Gravy (G,E,Su)</p>	<p><u>Pasta Bar (G)</u> Beef Bolognese</p>	<p>Oven Baked Breaded Pollock Fillets (G,F) or Salmon Fishcake (G,F)</p>
<p><u>Jacket Potato Bar</u> Baked Beans Grated Cheese (Mk) Tuna Mayonnaise (E,F)</p>	<p>Margherita Pizza with Torn Basil (G,Mk) </p>	<p><u>Jacket Potato Bar</u> Baked Beans Grated Cheese (Mk) Tuna Mayonnaise (E,F)</p>	<p><u>Pasta Bar (G)</u> Tomato Sauce Cheese Sauce (G,Mk)</p>	<p> Oven Baked Vegetable Fingers (G)</p>
<p>Broccoli Spiced Cauliflower</p>	<p>Sweetcorn Coleslaw (E)</p>	<p>Peas Roasted Honey Butternut Squash</p>	<p>Carrots Green Beans</p>	<p>Peas Baked Beans</p>
<p>Plain 50/50 Rice</p>	<p>Potato Wedges</p>	<p>Mashed Potato (Mk)</p>	<p>Garlic Focaccia (G) Penne Pasta (G)</p>	<p>Oven Baked Chips</p>
<p>Fresh Fruit Platter Yoghurt (Mk,So)</p>	<p>Jam Sponge (G,E)</p>	<p>Fruit Jelly</p>	<p>Banana and Raisin Cookie (G,E)</p>	<p>Fresh Fruit Platter Yoghurt (Mk,So)</p>

'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

Look for this logo on the menu to try a yummy seasonal special!

Dates

13/04/16, 11/05/26,
15/06/26, 13/07/26



All our meat is halal.

Allergens: Please note the allergens shown within these menus are subject to change.

- 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



MENU

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday


Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mac and Cheese with Zesty Basil Breadcrumbs (G,Mk,So) 

Lamb and Vegetable Tacos with Grated Cheddar (Mk, G)



Moroccan Style Chicken (G)

Chicken Hot Dog (G,So,Se)



Oven Baked Fish Fingers (G,F)


Veggie

MEAT FREE

 Jacket Potato Bar
 Baked Beans
Grated Cheese (Mk)
Tuna Mayonnaise (E,F)

Vegan Mince and Vegetable Tacos with Grated Cheddar (Mk, G)

 Jacket Potato Bar
 Baked Beans
Grated Cheese (Mk)
Tuna Mayonnaise (E,F)

 Vegan Sausage Hot Dog (G,Se,So)

Cheesy Beans and Sweetcorn Quesadilla (G,Mk)

veg

EXTRA GOOD

Choose from our delicious Salad Bar

Broccoli

Roasted Butternut Squash
Green Beans

Classic Coleslaw (E)
Sweetcorn

Peas


Baked Beans

carbs

FUEL FOOD

Garlic Focaccia (G)

Mexican Style Rice
Basmati Rice

Roasted New Potatoes 

Potato Wedges

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit Platter
Yoghurt (Mk,So)

Apricot Sponge Cake with Custard (G,E,Mk,Su)

Fruit Jelly

Vanilla Biscuit (G)

Fresh Fruit Platter
Yoghurt (Mk,So)

'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

 Look for this logo on the menu to try a yummy seasonal special!

Dates

20/04/26, 18/05/26,
22/06/26



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L = Lupin
Mk = Milk
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Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

MENU

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Plant Balls in a Tomato and Basil Sauce (So)



Warm Pitta Pockets with Lamb Keema and a Minted Yoghurt Sauce (G,Mk,So)



Classic Roast Chicken Served with Yorkshire Pudding and a Rosemary Gravy (G,E,Mk)

Pasta Bar (G)
Beef Meatballs in a Tomato Sauce

Oven Baked Fish Fingers (G,F) or Salmon Fishcake (G,F)

Veggie
MEAT FREE

Jacket Potato Bar
Baked Beans
Grated Cheese (Mk)
Tuna Mayonnaise (E,F)

Warm Pitta Pockets with Chickpeas and Vegetables and a Minted Yoghurt Sauce (G,Mk,So)



Jacket Potato Bar
Baked Beans Grated Cheese (Mk)
Tuna Mayonnaise (E,F)

Pasta Bar (G)
Tomato Sauce
Cheese Sauce (G,Mk)

Oven Baked Vegetable Fingers (G)

veg
EXTRA GOOD

Sweetcorn
Roasted
Cauliflower

Tomato and Onion Salad (Su)

Roasted Carrots

Green Beans

Peas

Broccoli

Peas

Cauliflower

Baked Beans

carbs
FUEL FOOD

50/50 Penne (G)

Potato Wedges

New Potatoes

Garlic Focaccia (G)
Penne Pasta (G)

Oven Baked Chips

Dessert
SOMETHING SWEET

Fresh Fruit Platter
Yoghurt (Mk,So)

Apple Cake (G,E)

Fruit Jelly

Oat and Orange
Cookie (G,E)

Fresh Fruit Platter
Yoghurt (Mk,So)

'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

Look for this logo on the menu to try a yummy seasonal special!

Dates

27/04/26, 01/06/26,
29/06/26



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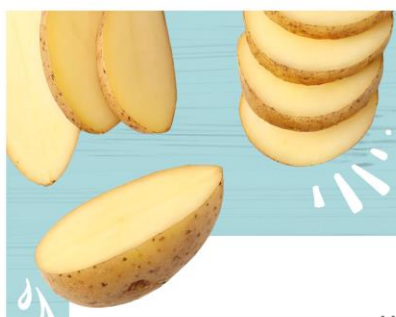
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MENU

Week 4



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Vegetable and Five Bean Chill	Chicken Burger in a soft Bun with Tomato Ketchup (G,Se)	Chicken Sausage with a Yorkshire Pudding and Gravy (G,E,Mk,So)	Chicken Korma (Mk)	Oven Baked Fish Fingers (G,F)
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Veggie

MEAT FREE

<u>Jacket Potato Bar</u> Baked Beans Grated Cheese (Mk) Tuna Mayonnaise (E,F)	Vegan Burger in a soft Bun with Tomato Ketchup (G,Se)	<u>Jacket Potato Bar</u> Baked Beans Grated Cheese (Mk) Tuna Mayonnaise (E,F)	Vegetable and Sweet Potato Curry	Cheese and Tomato Puff (G,Mk)
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veg

EXTRA GOOD

Classic Coleslaw (E) Ratatouille Vegetables	Sweetcorn Green Beans	Thyme Roasted Beetroot Roasted Carrots	Broccoli Roasted Cauliflower	Peas Baked Beans
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carbs

FUEL FOOD

Steamed Rice	Potato Wedges	Mashed Potato (Mk)	Steamed Rice	Oven Chips
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Dessert

SOMETHING SWEET

Fresh Fruit Platter Yoghurt (Mk,So)	Lemon Shortbread (G)	Fruit Jelly	Banana Flapjack (G)	Fresh Fruit Platter Yoghurt (Mk,So)
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'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

Look for this logo on the menu to try a yummy seasonal special!

Dates

04/05/26, 08/06/26,
06/07/26



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