

WEEK 1

2nd Jan, 22nd Jan, 4th Mar,
25th Mar, 15th April

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Penne Pasta
bolognaise
(G)

Honey & BBQ
glazed chicken

Roast Turkey,
stuffing and gravy
(G)

Chicken and
sweetcorn puff
pastry pie
(G,Mk)

Fish fingers
(G,F)

Veggie

MEAT FREE

Macaroni cheese
(G,Mu,Mk)

Honey & BBQ
glazed grilled
vegetables

Butternut squash
and cherry tomato
crumble
(G,Mk)

Creamy
Vegetable Pot Pie
(G,Mk,E)

Cheese, tomato and
roasted onion quiche
(G,Mk,E)

veg

EXTRA GOOD

Mixed salad

Broccoli

Carrots
Steamed Cabbage

Green beans

Garden peas
Baked beans

Carbs

FUEL FOOD

Garlic bread
(G,Mk,So)

Savoury Rice

Roast potatoes

Mash potato

Chips

Dessert

SOMETHING SWEET

Cinnamon spiced pear
and apple crumble
with custard
(G,Mk).

Chocolate
marble cake
(G,Mk,E)

Rice pudding with
strawberry jam
(Mk,Su)

Lemon Drizzle
(G,E)

Chocolate chip
brownie with Ice
cream
(G,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - St George's Day

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

8th Jan, 29th Jan, 19th Feb,
11th Mar, 22nd April

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Cowboy sausage
casserole
(G,Su)

Cottage pie with
crunchy sweet
potato mash
(Su,So,Mk,Ce)

Roast Chicken,
stuffing and gravy
(G)

Pepperoni focaccia
pizza
(G,Mk,E)

Fish fingers
(G,F)

Veggie

MEAT FREE

Cowboy veggie
sausage casserole
(G,Ce)

Veggie cottage pie
with crunchy sweet
potato mash
(Su,So,Mk,Ce)

Hidden Veggie
sausage rolls
(G,E)

Margherita focaccia
pizza
(G,Mk,E)

Spinach and
mozzarella cannelloni
bake
(G,So,Mu,Mk,E,Ce)

veg

EXTRA GOOD

Boston baked beans

Steamed broccoli

Steamed cabbage
Roasted carrots and
parsnips

Chef's Salad

Garden peas

Baked beans

Carbs

FUEL FOOD

Wholegrain
steamed rice

Roasted new
potatoes

Baked potato
wedges

Chips

Dessert

SOMETHING SWEET

Sultana and oat
cookie tray bake
(G,E)

Lemon curd sponge
with custard
(G,Mk,E)

Coconut Carrot slices
- reduced sugar
(G,E)

Blueberry and
orange tray bake
pancake
(G,E,Mk)

Upside down banana
and caramel sponge
(G,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - St George's Day

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WEEK 3

15th Jan, 5th Feb, 26th Feb,
18th Mar, 29th April

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Butchers pork
sausages, gravy and
onions
(G,Su)

Lemon chicken
noodle stir fry
(G,So,E)

Roast Pork, stuffing,
gravy and apple
sauce
(G)

Italian Beef and
mozzarella pancake
bake
(G,Mk,E)

Fish fingers
(G,F)

Veggie
MEAT FREE

Veggie sausages,
gravy and onions
(G,Ce)

Sweet and sour
vegetable stir fry
(G,So)

Cheesy Leek and
carrot crumble
(G,Mk)

Roasted vegetable
and mozzarella
pancake bake
(G,Mk,E)

Cheese and onion
puff pastry patty
(G,So,Mk,E)

veg
EXTRA GOOD

Baked Beans

Soy and ginger
roasted greens
(G,So)

Leeks

Chef's salad

Garden peas

Baked beans

Carbs
FUEL FOOD

Creamy mashed
potatoes

Egg fried rice
(G,So,E)

Roasted potatoes

Accent garlic
focaccia fingers
(G,Mk,E)

Chips

Dessert
SOMETHING SWEET

Apple & Sultana
flapjack
(G)

Upside down
pineapple cake with
custard
(G,Su,Mk,E)

Chocolate sponge
with chocolate sauce
(G,Mk,E)

Baked vanilla
cheesecake with
forest fruits
(G,Mk)

Lemon drizzle cake
(G,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
JANUARY

18th - Hungry Caterpillar Day

Purple
FEBRUARY

9th - Chinese New Year

Red
MARCH

7th - World Book Day
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

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