

'Made without' Menu

Week 1



Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Sweetcorn Gluten Free Pasta (So)	Gluten Free Pepperoni Pizza with Crispy Potato Wedges	Vegan Sausages in Gravy with Roasted Potatoes (So)	Meatballs in Tomato Sauce with 50/50 Rice	Gluten Free Fish Fingers with Ketchup and Chips (F)
or	or		or	or
Vegetable and Sweetcorn Casserole with 50:50 Rice	Gluten Free and Vegan Margherita Pizza with Crispy Potato Wedges		Vegan Meatballs in Tomato Sauce with 50/50 Rice	Vegan Sausages with Ketchup and Chips (So)

Veg

EXTRA GOOD

Steamed Broccoli	Garden Salad	Carrots	Roasted Cauliflower	Baked Beans
Green Beans		Green Beans	Sweetcorn	Peas

Dessert

SWEET TREAT

Top-14 Allergen Free Strawberry Jam and Banana Sponge	Gluten Free Pear Crumble	Vegan Ice Cream (So)	Top-14 Allergen Free Strawberry Jam and Banana Sponge	Gluten Free and Vegan Shortbread Biscuit
---	--------------------------	-----------------------------	---	--

Jacket Potatoes, salad bar and fresh fruit available daily.

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Our lunch menus feature yummy seasonal ingredients!

Dates

Week Commencing:
01/09/25; 22/09/25; 13/10/25;
10/11/25; 01/12/25

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 = Molluses P = Peanuts Su = Sulphur Dioxide

'Made without' Menu

Week 7



Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Penne Pasta with Beef Bolognaise	Gluten Free Chicken Enchilada (Mu)	Roast Gammon with Gravy and Roasted Potatoes	Pepperoni Pizza with Crispy Potato Wedges	Gluten Free Fish Fingers with Ketchup and Chips (F)
or	or	or	or	or
Tomato, Basil and Cheese Bake with Gluten Free Pasta	Gluten Free Vegetable Enchilada (Mu)	Gluten Free Roasted Vegetable Crumble with Roasted Potatoes	Gluten Free and Vegan Margherita Pizza with Crispy Potato Wedges	Vegan Sausages with Ketchup and Chips (So)

Veg

EXTRA GOOD

Steamed Broccoli	Sweetcorn	Cauliflower Roasted Carrots	Sweetcorn	Garden Peas Baked Beans
------------------	-----------	--------------------------------	-----------	----------------------------

Dessert

SWEET TREAT

Top-14 Allergen Free Strawberry Jam and Banana Sponge	Gluten Free Pear Crumble	Fruity Jelly	Vegan Ice Cream (So)	Gluten Free and Vegan Shortbread Biscuit
---	--------------------------	--------------	----------------------	--

Jacket Potatoes, salad bar and fresh fruit available daily.

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Our lunch menus feature yummy seasonal ingredients!

Dates

Week Commencing:
08/09/25; 29/09/25;
20/10/25; 17/11/25; 08/12/25

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



'Made without' Menu

Week 3



Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken, Tomato and Basil Gluten Free Pasta Bake or Tomato, Basil and Cheese Bake with Gluten Free Pasta	Lamb Meatballs in Tomato Sauce with 50/50 Rice or Vegan Meatballs in Tomato Sauce with 50/50 Rice (So)	Vegan Sausages in Gravy with Roasted Potatoes (So)	Plant Based Mince and Vegetable Cottage Pie (Ce,So)	Gluten Free Fish Fingers with Ketchup, Lemon and Chips (F) or Gluten Free and Vegan Margherita Pizza with Chips

Veg

EXTRA GOOD

Broccoli Sweetcorn	Steamed Cauliflower Green Beans	Steamed Carrots Cabbage	Medley of Steamed Green Vegetables	Garden Peas Baked Beans
-----------------------	------------------------------------	----------------------------	------------------------------------	----------------------------

Dessert

SWEET TREAT

Top-14 Allergen Free Strawberry Jam and Banana Sponge	Gluten Free Pear Crumble	Fruity Jelly	Gluten Free and Vegan Shortbread Biscuit	Top-14 Allergen Free Strawberry Jam and Banana Sponge
---	--------------------------	--------------	--	---

Jacket Potatoes, salad bar and fresh fruit available daily.

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Our lunch menus feature yummy seasonal ingredients!

Dates

Week Commencing:
15/09/25; 06/10/25; 03/11/25;
24/11/25; 15/12/25

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

