

# Menu

## Week 1



**THE FRESH LITTLE  
ALLSTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES

**Mains**  
HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Sweetcorn Penne Pasta (G,Mk)	Pepperoni Pizza (G,Mk,E)	Toad in the Hole with Gravy (G,E,Mk,Su)	Meatballs in a Tomato Sauce	Fish Fingers with Tartare Sauce and Tomato Sauce (G,F,E)

**Veggie**  
MEAT FREE

Tomato and Roasted Pepper Pasta with Cheese (G, Mk)	Margherita Pizza (G,Mk,E)	Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)	Vegan Meatballs in a Tomato Sauce (So)	Veg Finger with Tomato Sauce (G,E)
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**veg**  
EXTRA GOOD

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

**Carbs**  
FUEL FOOD

Home Baked Garlic Focaccia (G)	Crispy Potato Wedges	Mashed Potato	50/50 Rice	Oven Baked Chips
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**Jackets/  
pasta**

Pasta in a Tomato Sauce (G)	Jacket Potato with Beans and Cheese (Mk)	Macaroni Cheese (G,Mk,Mu)	Jacket Potato with Salmon/Tuna Mayo (E,F)	Pasta in a Tomato Sauce (G)
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**Dessert**  
SOMETHING SWEET

Beetroot Brownie (G,E,Mk,So)	Pear Crumble with Custard (G,Mk,E,So)	Ice Cream (Mk)	Carrot Cake Cookie (G,E,Mk)	Shortbread Biscuit (G,E)
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Salad bar, cold desserts and fresh fruit available daily.

### Dates

Week Commencing:  
05/01/2026, 26/01/2026,  
23/02/2026, 16/03/2026

**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

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

# Menu

## Week 2



**THE FRESH LITTLE  
ALLSTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED



**JANUARY  
LEEKS**

**FEBRUARY  
PARSNIPS**



**MARCH  
KALE**

**APRIL  
NEW  
POTATOES**



**Mains**  
HAPPY TUMS

Monday

Penne Beef  
Bolognese  
(G)

Tuesday

Chicken Enchilada  
with a Tomato Sauce  
and Cheese  
(G,Mk,Mu)

Wednesday

Roast Gammon With  
Apple Sauce and  
Gravy

Thursday

Pepperoni Pizza  
(G,Mk,E)

Friday

Fish Fingers with  
Tartare Sauce and  
Tomato Sauce  
(G,F,E)

**Veggie**  
MEAT FREE

Macaroni and  
Cheese  
(G,Mk,Mu)

Vegetable Enchilada  
with a Tomato Sauce  
and Cheese  
(G,Mk,Mu)

Quorn Roast  
with Classic Gravy  
(E,Mk)

Margherita Pizza  
(G,Mk,E)

Veg Finger with  
Tomato Sauce  
(G,E)

**veg**  
EXTRA GOOD

Steamed Broccoli

Coleslaw (E)

Cauliflower

Sweetcorn

Garden Peas

Sweetcorn

Roasted Carrots

Baked Beans

**carbs**  
FUEL FOOD

Home Baked Garlic  
Focaccia  
(G)

Tortilla Wrap  
(G)

Roast Potatoes

Crispy Potato  
Wedges

Oven Baked Chips

**Jackets/  
pasta**

Pasta in a  
Tomato Sauce  
(G)

Jacket Potato with  
Beans and Cheese  
(Mk)

Pasta in a  
Tomato Sauce  
(G)

Jacket Potato with  
Beans and Cheese  
(Mk)

Pasta in a  
Tomato Sauce  
(G)

**Dessert**  
SOMETHING SWEET

Lemon Drizzle Cake  
(G,E)

Apple Flapjack  
and Custard  
(G,E,Mk,So)

Fruity Jelly

Ice Cream  
(Mk)

Chocolate Chip  
Cookie  
(G,E,Mk,So)

*Salad bar, cold desserts and fresh fruit available daily.*

### Dates

Week Commencing:  
12/01/2026, 02/02/2026,  
02/03/2026, 23/03/2026

**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

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

# Menu

## Week 3



**THE FRESH LITTLE  
ALLSTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



**Mains**  
HAPPY TUMS

Chicken and Macaroni  
Pasta Bake  
(G,Mk,So)

Meatballs  
in a Tomato Sauce

Roast Pork Sausage  
with Pear Sauce and  
Gravy  
(G,So,Su)

Cottage Pie with  
Creamy Mash and  
Gravy  
(Ce,Mk,So)

Fish Fingers with  
Tartare Sauce and  
Tomato Sauce  
(G,F,E)

**Veggie**  
MEAT FREE

Macaroni and Cheese  
(G,Mk,Mu)

Vegan Meatballs in a  
Tomato Sauce  
(So)

Roasted Vegetable  
Sausage with Onion  
Gravy  
(G,Ce)

Plant Based Mince  
and Vegetable  
Cottage Pie  
(Ce,So)

Veg Finger with  
Tomato Sauce  
(G,E)

**veg**  
EXTRA GOOD

Broccoli

Steamed Cauliflower

Steamed Carrots

Medley of Steamed  
Green Vegetables

Garden Peas

Sweetcorn

Green Beans

Cabbage

Medley of Steamed  
Green Vegetables

Baked Beans

**Carbs**  
FUEL FOOD

Home Baked Garlic  
Focaccia  
(G)

50/50 Rice

Mashed Potato

Oven Baked Chips

**Jackets/  
pasta**

Pasta in a  
Tomato Sauce  
(G)

Jacket Potato with  
Beans and Cheese  
(Mk)

Pasta in a  
Tomato Sauce  
(G)

Jacket Potato with  
Salmon/Tuna Mayo  
(E,F)

Pasta in a  
Tomato Sauce  
(G)

**Dessert**  
SOMETHING SWEET

Apple and Parsnip  
Cake  
(G,E,Mk)

Pear Sponge  
Pudding with Custard  
(G,E,Mk,So)

Fruity Jelly

Oat and Apple Cookie  
(G,E)

Mixed Berry  
Flapjack  
(G)

Salad bar, cold desserts and fresh fruit available daily.

### Dates

Week Commencing:  
19/01/2026, 09/02/2026,  
09/03/2026

**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

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide