

MENU

week 1



APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Butter Chicken
Curry with
Tomato and Mint
Sambal
(Mk,So)



Pepperoni Pizza
(G,Mk)

Roast Gammon with
Gravy

Pasta Bar (G)
Beef Bolognese
Tomato sauce

Fish Fingers
with Tomato
Sauce
(G,F)

Veggie

MEAT FREE

Chickpeas
Braised in Butter
Curry with
Tomato and Mint
Sambal (Mk,So)



Margherita Pizza
(G,Mk)

Quorn Roast with
Gravy
(E,Mk)

Pasta Bar (G)
Vegan Bolognese
Tomato sauce

Vegetable
Fingers
(G)

veg

EXTRA GOOD

Sweetcorn
Cauliflower

Coleslaw
(E)

Cabbage
Carrots

Olives
Cheese (Mk)

Peas
Baked beans

carbs

FUEL FOOD

50/50 Rice

Potato Wedges

Roasted New
Potatoes



Parsley and Mint
Focaccia (G)



Chips

Dessert

SOMETHING SWEET

Fruity Jelly
or
Fresh Fruit
Platter

Beetroot Chocolate
Cake
(G,E,Mk,So)



Ice Cream
(Mk)

Peach Crumble
(G)

Banana Raisin
Cookie
(G,E)

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

Dates

13/0,4/05,1/06,22/06,
13/07

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

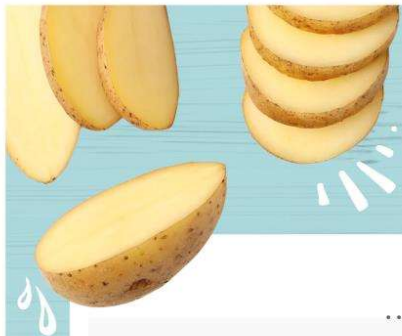
Ce = Celery
Cr = Crustacean
E = Eggs

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 2



Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Chicken Macaroni Pasta (G,Mk,So)	Lamb and Eat Curious Tacos (Mk)	Toad in the Hole with Gravy (G,E,Mk,Su)	<u>Jacket Potato Bar:</u> Lamb Chilli , Baked Beans, Pepperoni and Cheese (Mk,Mu,So)	Fish Fingers with Tomato Sauce (G,F)
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Veggie

MEAT FREE

Macaroni and Cheese (G,Mk,Mu)	Vegan Mince and Eat Curious Tacos (Mk)	Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)	<u>Jacket Potato Bar:</u> Baked Beans and Cheese (Mk) Margherita (Mk) Tuna /Mayo (F, E)	Vegetable Fingers (G)
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veg

EXTRA GOOD

Sweetcorn	Broccoli Green Beans	Cauliflower Carrots	Coleslaw (E) Sweetcorn	Peas Baked beans
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carbs

FUEL FOOD

Beetroot Focaccia (G)	Mexican Rice Basmati rice	Mashed Potato (Mk)		Chips
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Dessert

SOMETHING SWEET

Shortbread Biscuit (G,E) Fresh Fruit Platter	Banana Flapjack (G)	Fruit Jelly	Vanilla Biscuit with Chocolate Sprinkles (G)	Pineapple and Carrot Cake (G,Mk)
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APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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Dates

20/04,11/05,8/06,29/06

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 Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
 E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



MENU

Week 3



APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken Meatballs in Tomato Sauce	Lamb Keema Pitta (G,Mk,So)	Roast Chicken, With Gravy (None) with Yorkshire Pudding (G,E,Mk)	Pepperoni Pizza (G,Mk)	Fish Fingers (G,F)
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Veggie

MEAT FREE

Plant Balls in Tomato Sauce (So)	Pita Pockets with Chickpeas and (G,Mk,So)	Quorn Roast (E,Mk)	Margherita Pizza (G,Mk)	Vegetable Fingers (G)
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veg

EXTRA GOOD

Sweetcorn	Tomato and Onion Salad (Su)	Roasted Carrots	Sweetcorn	Peas
	Broccoli	Green Beans		Baked beans

carbs

FUEL FOOD

Wholemeal Penne (G)	Sweet Potato Roasties	Roast New Potato	Potato Wedges	Chips
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Dessert

SOMETHING SWEET

Oat and Orange Cookie (G,E) Fresh Fruit Platter	Pineapple and Raspberry Cake (G,E,Mk)	Fruit Jelly	Ice Cream (Mk)	Iced Sponge Cake (G,E,Mk)
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Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

27/04,18/05,15/06, 6/07

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- 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