

Week 1

MENU



mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

HAPPY TUMS

Pepperoni pizza
(G,Mk,Su)

Beef burrito
(G)

Roast chicken
and sage stuffing
(G)

Pork sausages
(G,Su)

Battered cod
fish fingers
(G,F)

VEGGIE

MEAT FREE

Margherita pizza
(G,Mk)

Veggie burrito
(G)

Lentil Wellington
(G,Mk)

Vegetable
sausages
(G,Ce)

Cheese and
onion pasty
(G, Mk)

VEG

EXTRA GOOD

Chef's salad

Broccoli

Cauliflower

Green beans

Peas

Sweetcorn

Leeks

Steamed cabbage

Sweetcorn

Baked Beans

CARBS

FUEL FOOD

Potato wedges

Mexican rice

Roast potatoes

Mashed potato
(Mk)

Chipped potatoes

DESSERT

SOMETHING SWEET

Apple and
berry crumble
with custard
(G,Mk)

Sticky toffee
pudding and
toffee sauce
(G,Mk,So)

Fruity flapjack
(Mk)

Apple sponge
and custard
(G,Mk,E)

Bread and
butter pudding
with custard
(G,Mk,E)

Salad bar, pasta bar and panini option available daily



Dates

18th April, 9th May,
20th June, 11th July

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

MENU



mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

HAPPY TUMS

Chicken
chow mein
(G,Su)

Jumbo
sausage roll
(G,E,Mk)

Roast gammon
and apple sauce

Chicken pie
(G,Mk)

Battered cod
fish fingers
(G,F)

VEGGIE

MEAT FREE

Teriyaki noodles
(G,Mk,E)

Vegan
sausage Roll
(G,Ce)

Lentil Loaf
(G)

Vegetable pie
(G,Mk)

Spicy bean burger
(G,Mk,Su,Se)

VEG

EXTRA GOOD

Stir fried veggies

Baked beans

Roasted carrots

Steamed cabbage

Peas

Green beans

Broccoli

Sweetcorn

Baked Beans

CARBS

FUEL FOOD

Egg fried rice
(G,Mk)

Mashed potatoes
(G)

Roast potatoes

New potatoes
(Mk)

Chipped potatoes

DESSERT

SOMETHING SWEET

Lemon drizzle
cake with custard
(G,Mk,E)

Treacle tart
(G)

Mixed fruit
crumble with
custard
(G,Mk)

Marble cake
(G,Mk,E)

Chocolate
brownie
(G,Mk,E,Su)

Salad bar, pasta bar and panini option available daily

APRIL
**PUMPKIN
SEEDS**

22nd - St George's
Day

MAY
RICE

19th - Pirate's &
Mermaid's Day

JUNE
**LEAFY
GREENS**

20th - 24th
Teddy Bears'
Picnic

JULY
**COUS-
COUS**

Dates

25th April, 16th May,
27th June, 18th July

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

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Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Allergens

Week 3

MENU



mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS
HAPPY TUMS

BBQ Chicken
(So,Ce)

Beef burger with
salad and relish
(G)

Toad in the hole
(G,E,Mk)

Beef lasagne
(G,E,Mk,Mu)

Battered cod
fish fingers
(G,F)

VEGGIE
MEAT FREE

Cheese and pesto
pin wheel
(G,Mk)

Vegetable burger
with salad
and relish
(G)

Vegetarian
toad in the hole
(G,E,Mk)

Vegetable lasagne
(G,E,Mk,Mu)

Gnocchi with a
tomato sauce and
garlic bread
(G,Mk)

VEG
EXTRA GOOD

Green beans

Chefs Salad

Roasted carrots

Mixed salad

Peas

Sweetcorn

Coleslaw
(Mk,E)

Leeks

Broccoli

Baked beans

CARBS
FUEL FOOD

New potatoes

Potato wedges

Mashed potatoes
(Mk)

Garlic bread
(G,Mk)

Chipped potatoes

DESSERT
SOMETHING SWEET

Summer fruit
strudel with
custard
(G,Mk)

Nutless
Bakewell tart
(G,Mk,E)

Fruit shortbread
(G,E)

Ginger cake
(G,Mk,E)

Chocolate chip
flapjack
(Mk)

Salad bar, pasta bar and panini option available daily

APRIL
**PUMPKIN
SEEDS**

22nd - St George's
Day

MAY
RICE

19th - Pirate's &
Mermaid's Day

JUNE
**LEAFY
GREENS**

20th - 24th
Teddy Bears'
Picnic

JULY
**COUS-
COUS**

Dates

2nd May, 23rd May, 20th June

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