

WEEK 1

2 January, 30 January,
6 March

MENU

Eat the
Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Roast chicken thigh with coleslaw (E)	Oven baked sausages (G,Su)	Chilli con carne (Mu)	Chinese chicken stir fry (G,So,Mu,E,Ce)	Breaded fish fingers (G,F)
Veggie MEAT FREE	Roasted vegetable and bean burger with coleslaw (G,Se,E)	Veggie sausages (G,Su,So)	Veggie Chilli (G)	Chinese vegetable stir fry (G,So,Mu,E,Ce)	Vegetable samosa (G,Mu)
veg EXTRA GOOD	Roasted carrots Peas	Baked beans Leeks	Green beans Broccoli	Sweetcorn	Baked beans Garden peas
Carbs FUEL FOOD	Half Jacket	Mashed potato (Mk)	Savoury rice	Egg noodles (E,G)	Baked oven chips
Dessert SOMETHING SWEET	Chocolate chip cake with custard (G,So,Mk,E)	Oaty flapjack (G,Su)	Raspberry jam sponge (G,Mk,E)	Pancakes (G,Mk,E)	Apple crumble and custard (G,Mk)

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

Green

JANUARY

19th - Outer Space Day

Purple

FEBRUARY

21st - Pancake Day

Red

MARCH

6th - World Book Day

Orange

APRIL

24th - 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

9 January, 6 February,
13 March

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Beef burger
in a bun
(G,Su,So,Se)

Baked lasagne
(G,Mk,E)

Roast turkey,
stuffing and
roast gravy
(G)

BBQ chicken wrap
(G,Mu,Mk)

Battered fish fillet
(G,F,Mk)

Veggie
MEAT FREE

Veggie burger
in a bun
(G,Se)

Vegetable lasagne
(G,So,Mk,E)

Vegetable puff
pastry Wellington
(G,Mk,E)

BBQ vegetable wrap
(G,Mu,Mk)

Cheese and tomato
puff pastry slice
(G,Mk,E)

veg
EXTRA GOOD

Chef's salad

Sweetcorn

Green beans

Coleslaw (E)

Carrots

Broccoli

Chef's salad

Sweetcorn

Baked beans

Garden peas

Carbs
FUEL FOOD

Potato wedges

Garlic bread
(G,So,Mk)

Roast new potatoes

Savoury rice

Baked oven chips

Dessert
SOMETHING SWEET

Lemon sponge
and custard
(G,Mk,E)

Apple cake
(G,Mk,E)

Chocolate sponge
(G,Mk,E)

Apple and berry
crumble
(G,Mk)

Banoffee pie
(G,So,Mk)

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WEEK 3

16 January, 20 February,
20 March

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild chicken curry

Sausage and baked
bean casserole
(G,Su)

Beef bolognaise
pasta
(G,Mk)

Ham and
cheese pizza
(G,So,Mk)

Breaded fish fingers
(G,F)

Veggie
MEAT FREE

Mild vegetable
curry

Veggie sausage and
baked
bean casserole
(Su,So,Mu,G)

Vegetable
bolognaise pasta
(G,Mk)

Margherita Pizza
(G,So,Mk)

Gnocchi, tomato
and Mozzarella
cheese
(G,Mk)

veg
EXTRA GOOD

Green beans
Peas

Peas

Roasted leeks
Coleslaw (E)

Sweetcorn
Chef's salad

Baked beans
Garden peas

Carbs
FUEL FOOD

Rice

Mashed potato
(Mk)

Garlic bread
(G,So,Mk)

Potato wedges

Baked oven chips

Dessert
SOMETHING SWEET

Pear and cinnamon
crumble
(G,Mk)

Ginger sponge
(G,Su,So,Se,Mk,E)

Jam and
coconut sponge
(G,Mk,E)

Shortbread
traybake
(G)

Apple strudel
(G,Mk)

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WEEK 4

23 January, 27 February,
27 March

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains HAPPY TUMS

Chicken and nacho bake
(G,Mu,Mk)

Cottage pie with gravy
(G,Su,So,Mk,Ce)

Oven baked crispy chicken
(G,)

Meatballs with tomato sauce and basil served penne pasta (G)

Battered fish fillet
(F,G)

Veggie MEAT FREE

Vegetable and nacho bake
(G,Mu,Mk)

Veggie mince cottage pie
(G,So,Ce)

Tomato and basil risotto
(Mk)

Quorn bolognese
(G)

Cheesy vegetable wrap
(G,Mu,Mk)

veg EXTRA GOOD

Green beans
Broccoli

Carrots
Baked beans

Broccoli
Sweetcorn

Green beans
Cauliflower

Garden peas
Baked beans

Carbs FUEL FOOD

Rice

Potato wedges

Baked oven chips

Dessert SOMETHING SWEET

Apple crumble
(G,Mk)

Pineapple cake
(G,Su,Mk,E)

Chocolate chip shortbread
(G,Mk,E)

Lemon drizzle
(G,E)

Carrot cake
(G,Su,Mk,E)

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