

WEEK 1

Dates here

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Spaghetti bolognaise  
(G)

Honey & BBQ  
glazed chicken

Roast turkey and gravy  
Sage and onion stuffing  
balls (G)

Chicken puff pastry pie  
with Gravy  
(G,Mk)

Battered pollock, lemons  
& tartare sauce  
(G,Su,F,E)

Or

Fish fingers (G,F)

**Veggie**  
MEAT FREE

Veggie Bolognaise  
(G,E,Mk)

Honey & BBQ glazed  
grilled vegetables

Butternut squash and  
cherry tomato crumble  
(G,Mk)

Creamy  
vegetable pot pie  
(G,Mk,E)

Cheese, tomato and  
roasted onion quiche  
(G,Mk,E)

**veg**  
EXTRA GOOD

Chef's salad

Sweetcorn

Broccoli

Carrots

Steamed cabbage

Cauliflower

Green beans

Garden peas

Baked beans

**Carbs**  
FUEL FOOD

Garlic bread  
(G,Mk,So)

Savoury Rice

Roast potatoes

Fluffy mash potato

Chips

**Dessert**  
SOMETHING SWEET

Cinnamon spiced  
pear and apple  
crumble with custard  
(G,Mk)

Chocolate  
marble cake  
(G,Mk,E)

Rice pudding with  
strawberry jam  
(Su,Mk)

Carrot cake cupcakes  
(G,Mk,E)

Chocolate chip brownie  
with ice cream  
(G,Mk,E)

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

**Green**  
JANUARY

18th - Hungry Caterpillar Day

**Purple**  
FEBRUARY

9th - Chinese New Year

**Red**  
MARCH

7th - World Book Day  
15th - Red Nose Day

**Orange**  
APRIL

23rd - 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

Dates here

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Cowboy sausage  
casserole  
(G,Su)

Cottage pie with crunchy  
sweet potato mash  
(Su,So,Mk,Ce)

Roast chicken and gravy  
  
Sage and onion  
stuffing balls (G)

Ham and pineapple  
focaccia pizza  
(G,Mk,E)

Battered pollock, lemons  
& tartare Sauce  
(G,Su,F,E)  
or  
Fish finger hot dogs  
(G,Se,F,E)

**Veggie**  
MEAT FREE

Cowboy veggie  
sausage casserole  
(G,Ce)

Veggie cottage pie  
with crunchy sweet  
potato mash  
(Su,So,Mk,Ce)

Hidden veggie  
sausage rolls  
(G,E)

Margherita  
focaccia pizza  
(G,Mk,E)

Spinach and mozzarella  
cannelloni bake  
(G,So,Mu,Mk,E,Ce)

**veg**  
EXTRA GOOD

Boston baked beans  
  
Sweetcorn

Steamed broccoli  
  
Roast swede

Steamed cabbage  
  
Roasted carrots  
and parsnips

Classic coleslaw  
(Su,Mu,Mk,E)  
  
Chef's Salad

Garden peas  
  
Baked beans

**Carbs**  
FUEL FOOD

Wholegrain steamed rice

Roasted new potatoes

Baked potato wedges

Chips

**Dessert**  
SOMETHING SWEET

Sultana and oat  
cookie tray bake  
(G,E)

Lemon curd sponge  
with custard  
(G,Mk,E)

Coconut carrot slices -  
reduced sugar  
(G,E)

Blueberry and orange  
tray bake pancake  
(G,Mk,E)

Upside down banana  
and caramel sponge  
(G,Mk,E)

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WEEK 3

Dates here

# MENU

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Friday

## Mains

HAPPY TUMS

Mexican beef chilli  
con carne with  
crushed nachos and  
sour cream **(Mk)**

Creamy chicken  
korma curry  
**(Mu,Mk)**

Roast pork, gravy  
and apple sauce  
  
Sage and onion  
stuffing balls  
**(G)**

Italian beef and  
mozzarella pancake bake  
**(G,Mk,E)**

Battered pollock, lemons  
& tartare sauce  
**(G,Su,F,E)**  
or  
Fish fingers **(G,F)**

## Veggie

MEAT FREE

Mexican chilli  
con veggie **(G)**  
with crushed nachos  
and sour cream **(Mk)**

Potato and chick pea  
southern Indian curry  
**(So,Mk)**

Cheesy leek and  
carrot crumble  
**(G)**

Roasted vegetable and  
mozzarella pancake bake  
**(G,Mk,E)**

Cheese and onion  
puff pastry patty  
**(G,So,Mk,E)**

## veg

EXTRA GOOD

Sweetcorn and peppers

Roast carrots

Braised red  
cabbage **(G)**

Italian marinated  
coleslaw **(Su)**

Garden peas

Cauliflower

Green beans

Leeks

Chef's salad

Baked beans

## Carbs

FUEL FOOD

Steamed rice

Bombay potatoes  
or  
Turmeric rice

Roasted potatoes

Accent garlic  
focaccia fingers  
**(G,Mk)**

Chips

## Dessert

SOMETHING SWEET

Oaty apple crumble  
with custard  
**(G,Mk)**

Anzac biscuit  
**(G,Su)**

Chocolate sponge with  
chocolate sauce  
**(G,Mk,E)**

Baked vanilla cheesecake  
with forest fruits  
**(G,Mk,E)**

Lemon  
drizzle cake  
**(G,E)**

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January

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**Purple**

February

9th - Chinese New Year

**Red**  
March

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**Orange**  
April

23rd - St George's Day

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WEEK 4

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# MENU

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**Mains**  
HAPPY TUMS

Lemon chicken  
noodle stir fry  
(G,So,E)

Butchers pork sausages,  
gravy and onions  
(G,Su)

Roast chicken and gravy  
Sage and onion stuffing  
(G)

Cheeseburger  
pasta bake  
(G,Mk)

Battered pollock, lemons  
& tartare sauce  
(G,Su,F,E)  
or  
Fish finger hot dogs  
(G,Se,F,E)

**Veggie**  
MEAT FREE

Sweet and sour  
vegetable stir fry  
(G,So)

Veggie sausages, gravy  
and onions  
(G,Ce)

Cauliflower  
cheese topped  
veggie cottage pie  
(G,Su,So,Mk,Ce)

Meat free  
cheeseburger pasta bake  
(G,Mk)

Butternut squash and  
spinach samosas  
(G)

**veg**  
EXTRA GOOD

Soy and ginger  
roasted greens  
(G,So)

Baked beans  
Broccoli

Steamed leeks  
Roast carrots

Coleslaw (E)  
Chef's Salad

Garden peas  
Baked beans

**Carbs**  
FUEL FOOD

Egg fried rice  
(G,So,E)

Creamy mash potato

Roasted new potatoes

Chips

**Dessert**  
SOMETHING SWEET

Upside down pineapple  
cake with custard  
(G,Su,Mk,E)

Apple and  
sultana flapjacks  
(G)

Carrot cake with  
cream cheese frosting  
(G,Mk,E)

Sticky toffee  
pudding and custard  
(G,Su,Mk,E)

White chocolate chip  
and raspberry cookies  
(G,So,Mk,E)

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