

Menu

Week 1



SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL SPROUTS

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken and Sweetcorn Penne Pasta
(G,Mk)

Lamb and Pea Keema

Toad in the Hole with Gravy
(G,E,Mk,Su)

Pepperoni Pizza
(G,Mk,E,So)

Fish Fingers with Tartar Sauce
(G,F,E)

Veggie
MEAT FREE MAINS

Roasted Vegetable and Sweetcorn Pie
(G,E,Mk,Ce)

Eat Curious vegetable curry

Vegetable Sausage Toad in the Hole with Gravy
(G,E,Ce,Mk)

Margherita Pizza
(G,Mu,E,So)

Veg Finger with Tartar Sauce
(G,E,Su)

veg
EXTRA GOOD

Broccoli
Green Beans

Green Beans
Carrots

Carrots
Steamed Green Beans

Garden Salad

Baked Beans
Peas

Carbs
FUEL FOOD

Home Baked Garlic Focaccia
(G)

Mixed Rice

Mashed Potato

Biryani Rice

Oven Baked Chips

Dessert
SOMETHING SWEET

Fresh Fruit Platter

Apple and Sunflower Seed Honey Bar
(G)

Fruity Jelly

Carrot Cake Cookie
(G,E,Mk)

Pear Crumble with Double Cream
(G,Mk,E)

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

DATES

Insert dates here

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

Menu

Week 2



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



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Beef Bolognaise
Pasta Bake
(G,Mk)

Chicken Katsu Curry
(G)

Roast Gammon With
Apple sauce and
Gravy

Chicken Burger
(G)

Battered Pollock with
Lemon Wedge
(E,G,F)

Veggie

MEAT FREE MAINS

Macaroni and
Cheese
(G,Mk)

Vegetable Katsu
Curry

Roasted Vegetable
Crumble
(G,Mk,Mu)

Veggie Burger
(G)

Leek Cheddar and
Sweetcorn Quiche
(G,E,Mk,Ce)

veg

EXTRA GOOD

Steamed Broccoli
Chefs Salad

Green Beans

Kale
Roasted Carrots

Rainbow Slaw
(E)

Garden Peas
Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Steamed Rice

Roasted Potatoes

Potato Wedges

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit
Platter

Chocolate Brownie
(G,Mk,E,So)

Fruity Jelly

Choc Chip Cookie
(G,E,So)

White Chocolate and
Lemon Cookie
(G,E)

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

Dates

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Menu

Week 3



SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL SPROUTS

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



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Oven baked Chicken
tossed in Macaroni
and Pesto
(G,Mk)

Paprika Chicken with
Tomato and Coconut
Dahl
(G,Mk)

Roast Turkey and
Gravy
(G,Su) 

Meatball Marinara
Sub Roll topped with
Crispy Onions
(G,Mk,Se)

Fish Finger
(G,F,Se)


Veggie

MEAT FREE MAINS

Macaroni Pasta
Tossed in a Basil
Pesto Baked with
Cheese
(G,Mk)

Paprika roasted
Vegetables with
Tomato Dahl

Roasted Vegetable
Sausage with Gravy
(G,Ce)

Falafel Marinara Sub
Roll Topped with
Crispy Onions
(G,Mk,Se) 


Vegetable Finger
(G,Su)

veg

EXTRA GOOD

Mixed Tossed Salad

Sweetcorn

Baked Curried
Cauliflower 

Steamed Carrots

Cabbage with Leeks

Sweetcorn

Garden Peas

Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Steamed Rice

Roast Potatoes

Potato Wedges

Oven Baked Chips


Dessert


SOMETHING SWEET

Sliced Fruit
Platter 

Berry and Honey Bar
(G)

Fruity Jelly

Marble Cake
(G,E) 

Vanilla Ice cream
with Chocolate Sauce
(Mk) 

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

Dates

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containing Gluten

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