

# MENU

## Week 1



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Butter Chicken Curry  
(Mk,So)

Chicken Meat Balls  
(G)

Chicken Pie  
(G,E,Su)

Pepperoni Pizza (Mk)

Oven Baked  
Breaded Pollock  
Fillets (G,F)



### Veggie

MEAT FREE

Chickpeas Braised in  
a Butter Curry Sauce  
(Mk,So)

Veggie Meatless Balls  
(G)

Vegetable Pie  
(G,so)

Veggie Supreme Pizza  
(G,Mk)

Cheese and Pesto  
Pin Wheel  
(G,Mk)



### veg

EXTRA GOOD

Sweetcorn

Peas

Mixed Vegetable

Sweetcorn

Peas

Spiced Cauliflower

Carrots

Baked beans

### carbs

FUEL FOOD

Plain 50/50 Rice

Penne Pasta

Mashed Potatoes

Potato Wedges

Oven Baked Chips



### Dessert

SOMETHING SWEET

Oat and Orange  
Cookie

Apple Crumble with  
Cream

Fruit Jelly

Cornflake Tart with  
Custard

Vanilla Ice Cream  
and Chocolate  
Sauce



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

APRIL  
NEW  
POTATOES

MAY  
BASIL

JUNE  
BEETROOT

JULY  
MINT

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

DATES

Insert dates here

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

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

# Menu

## Week 2



**THE FRESH LITTLE  
ALLOTMENT**

SEASONALLY FRESH, PERFECTLY PICKED

**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

Jacket Potato Bar

Lamb Chilli  
Or  
Tuna



Beef and Eat  
Curious Moussaka

Roast Gammon with  
Stuffing and Gravy

Beef Enchiladas

Fish Fingers

**Veggie**  
MEAT FREE

Baked Beans  
Grated Cheese



Lentil and Vegetable  
Pastie with  
Rosemary Gravy

Vegetable Wellington  
(G)

Veggie Enchiladas

Vegetable Fingers

**veg**  
EXTRA GOOD

Classic Coleslaw  
Sweetcorn

Green Beans  
Steamed Carrots

Peas  
Cauliflower

Mixed Vegetables

Peas  
Baked beans

**Carbs**  
FUEL FOOD

Choose from Salad  
Bar



Garlic Focaccia

Rustic Roast Potatoes



Steamed Rice

Oven Baked Chips

**Dessert**  
SOMETHING SWEET

Fresh Fruit Platter

Mixed Short Bread

Fruit Jelly

Chilli Chocolate  
Brownie

Pineapple and  
Raspberry Cake

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

**Dates**

Insert dates here

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

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

# Menu

## Week 3



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

**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

Pasta Bar	Chilli Con Carne	Toad in the Hole	Chicken Kebabs	Oven Baked Fish Cakes
Beef Bolognese Bake				

### Veggie

MEAT FREE

Nut Free Basil Pesto Pasta	Veggie Con Carne	Veggie Toad in the Hole	Veggie Kebabs	Peas and Mint Falafels
----------------------------	------------------	-------------------------	---------------	------------------------

### veg

EXTRA GOOD

Choose from our delicious salad bar	Peas	Cabbage	Rainbow Slaw	Peas
	Steamed Carrots	Green Beans	Sweetcorn	Baked beans

### Carbs

FUEL FOOD

Garlic Focaccia	Steamed Rice	Mashed Potato	Greek Rice	Oven Baked Chips
-----------------	--------------	---------------	------------	------------------

### Dessert

SOMETHING SWEET

Carrot Cake	Fresh Fruit Platter	Apricot Shortbread	Berry Cheese Cake	Iced Sponge Cake with Rainbow Sprinkles (G,E,Mk)
-------------	---------------------	--------------------	-------------------	--

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

### Dates

Insert dates here

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

- Ce = Celery
- F = Fish
- L = Lupin
- 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