

Menu

Week 1



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

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Chicken curry with coconut	Margherita pizza (G,Mk)	Roast chicken with Gravy	Beef meatballs	Fish Fingers (G,F)
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Veggie

MEAT FREE MAINS

Chana masala (G)	Roasted vegetable pizza (So)	Roasted vegetable tart (G,E,Mk)	Chow mein noodles (G,E,So)	Curried chickpea fritters (G,E)
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veg

EXTRA GOOD

Sweetcorn	Garden Salad	Carrots	Roasted Cauliflower	Baked Beans
Green Beans	Coleslaw	Broccoli	Cabbage	Peas

Carbs

FUEL FOOD

Wholegrain rice	Garlic bread (G,Mk)	Roasted Potato	Pasta (G)	Oven Baked Chips
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Dessert

SOMETHING SWEET

Fruit Or Yogurt (Mk)	Fruit Or Yogurt (Mk)	Fruit or Yogurt (Mk)	Fruit or Yogurt (Mk)	Lemon shortbread biscuit (G)
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Dates

Insert dates here

Allergens

- | | | | | |
|-----------------|-------------------------------|---------------|--------------|----------------------|
| 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 |



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 burger in a bun (G,Su) Chicken tikka masala Roast chicken with Gravy Margherita pizza (G,Mk) Fish fingers (G,F)



Veggie

MEAT FREE MAINS

Homemade vegetarian burger (G) Sweet potato & lentil dhal (G) Spinach and cheese whirl (G,Mk) Gnocchi, cream cheese, courgette and peas (G,E,Mk,So) Vegetable and bean chilli

veg

EXTRA GOOD

Broccoli Sweetcorn Roasted Carrots Cauliflower Baked Beans Peas

Carbs

FUEL FOOD

Roast potato wedges Wholegrain rice Crispy roast potatoes Baked potato wedges Oven Baked Chips

Dessert

SOMETHING SWEET

Fruit or Yogurt (Mk) Fruit or Yogurt (Mk) Fruit or Yogurt (Mk) Fruit or Yogurt (Mk) Oat cookie (G)



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

DATES
Insert dates here

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Menu

Week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Sweet and sour chicken (So)

Homemade chicken sausage rolls (G)

Roast chicken with gravy

Mac n' cheese with a crispy crumb topping (Mk,G)

Fish Finger (G,F)

Veggie

MEAT FREE MAINS

Cheesy lentil lasagne (G,Mk)

Homemade cheese and onion rolls (G,Mk)

Baked courgette and bean gratin

Curried spring vegetable pilaf

Vegetable Fingers (G)

veg

EXTRA GOOD

Sweetcorn

Steamed Cauliflower

Steamed Carrots

Medley of Steamed Green Vegetables

Garden Peas

Baked Beans

Carbs

FUEL FOOD

Wholegrain rice

Roast potato wedges

Crispy roast potatoes

Oven Baked Chips

Dessert

SOMETHING SWEET

Fruit or Yogurt (Mk)

Fruit or Yogurt (Mk)

Fruit or Yogurt (Mk)

Fruit or Yogurt (Mk)

Chocolate cookie (G)

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

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

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Dates

Insert dates here

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Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide