

# MENU

## Week 1



**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

Mexican chicken wrap  
(G)



Margherita Pizza  
(G,Mk)

Roast chicken with  
gravy

Swedish meatballs



Oven baked  
breaded pollock  
fillets  
(G,F)

### Veggie

MEAT FREE

Vegetable  
enchiladas  
(G)



Roast vegetable  
pizza  
(G,Mk)



Roast lentil loaf  
(G)

Vegan Swedish  
meatballs  
(So)



Vegetable Fingers  
(G)

### veg

EXTRA GOOD

Sweetcorn

Carrot

Roasted butternut  
squash

Green beans

Peas

Baked beans

### carbs

FUEL FOOD

50/50 Rice

Baked potato  
wedges

New Potatoes



Creamy mash  
potato



Chips

### Dessert

SOMETHING SWEET

Apple Sponge and  
Custard  
(G,E,Mk)

Jelly & fruit slices



Carrot cake cookies  
(Mk,E,G)

Fruit salad

Choc chip  
shortbread  
(G)

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

### Dates

13/04,04/05,25/0  
5,15/06,06/07

**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

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Sweet & Sour chicken

Margherita pizza  
**(Mk)**

Chicken pie and sweetcorn  
**(G)**

Butter chicken curry  
**(Mk)**

Oven baked breaded pollock Fillets  
**(G,F)**



### Veggie

MEAT FREE

Sweet & sour stir fry quorn with oriental vegetables  
**(E,So,G)**

Roasted vegetable pizza  
**(Mk,G)**

Creamy vegetable pie  
**(G)**

Chickpea braised in a butter curry sauce  
**(Mk)**

Cheese and onion quiche  
**(G,Mk,E)**



### veg

EXTRA GOOD

Savoy cabbage

Choose from our delicious salad bar

Spiced cauliflower

Broccoli

Peas

Baked beans

### carbs

FUEL FOOD

Chow mein  
**(G,E,So)**

Beetroot focaccia  
**(G)**

Crushed new potatoes

Basmati rice

Chips



### Dessert

SOMETHING SWEET

Vanilla sponge with strawberry jam  
**(G,E)**

Fresh fruit platter

Chocolate brownie  
**(G,Mk)**

Fruit jelly

Apple Flapjack

*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

20/04,11/05,01/0  
6,22/06,13/07

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# 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

Mild creamy coconut chicken curry



Lamb and eat curious tacos with grated cheddar

(Mk)



Classic roast chicken served with Yorkshire pudding and a rosemary gravy

(E,G,Mk)

Macaroni and cheese

(Mk)



Oven baked breaded pollock fillets

(G,F)

### Veggie

MEAT FREE

Sweet potato curry



Vegan mince and eat curious tacos with grated cheddar

(Mk)



Lentil And Vegetable Pastie with Gravy

(G)

Chilli con veggie



Warm pitta pockets with vegetable

(G)

### veg

EXTRA GOOD

Sweetcorn

Greek green beans

Roasted Carrot

Broccoli

Peas

Baked beans

### carbs

FUEL FOOD

Wholegrain rice

Roast potato wedges

Roast New Potato



Garlic Focaccia

(G)

Chips

### Dessert

SOMETHING SWEET

Banana & raisin cookie

(G,E)

Fruit platter

Ice cream tub

(Mk)

Fruit jelly

Iced Sponge Cake with rainbow sprinkles

(G,E)

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

### Dates

27/04,18/05,08/0  
6,29/06,20/07

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E = Eggs

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G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide