

Week 1

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Chicken curry Garlic and coriander naan	Margherita pizza <b>(G,Mk)</b>	Baked gammon with gravy	Beef lasagne <b>(G,Mk)</b>	Breaded fish fingers <b>(G,F)</b>
<b>VEGGIE</b> MEAT FREE	Vegetable and Quorn curry <b>(E)</b>	Margherita pizza <b>(G,Mk)</b>	Lentil roast with veggie gravy <b>(G,E,Mk)</b>	Roast vegetable lasagne <b>(G,Mk)</b>	Gnocchi with a ratatouille sauce <b>(G,So,Mk,E)</b>
<b>VEG</b> EXTRA GOOD	Sweetcorn  Broccoli	Chef's salad	Carrots  Cauliflower	Green beans  Cabbage	Garden peas
<b>CARBS</b> FUEL FOOD	Steamed rice	Seasoned wedges	Roast potatoes	Garlic and rosemary bread <b>(G)</b>	Chips
<b>DESSERT</b> SOMETHING SWEET	Apple and cinnamon crumble with cream <b>(G,Mk)</b>	Flavoured Jelly  Yogurt <b>(Mk,Su)</b>	Chocolate cake with chocolate sauce <b>(G,Mk,E)</b>	Fruity Flapjack <b>(G,Mk)</b>	Sticky toffee pudding with hot fudge <b>(G,E,Mk)</b>

Fresh fruit available daily.



**JANUARY OATS**  
20th - Hungry Caterpillar Day

**FEBRUARY EGGS**

**MARCH BULGUR WHEAT**  
3rd - World Book Day

**APRIL PUMPKIN SEEDS**  
22nd - St. George's Day

## Dates

10<sup>th</sup> January, 28<sup>th</sup> January,  
21<sup>st</sup> March

## Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- Se = Sesame Seeds
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- So = Soya
- Su = Sulphur Dioxide

Week 2

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Hot dog (G,Su)	Beef bolognaise	Roast turkey, with roast gravy (G)	Fajita chicken with in a soft taco boat (G)	Battered fish fillet (G,E,F)
<b>VEGGIE</b> MEAT FREE	Mac N cheese (G,Mk)	Soya mince and lentil bolognaise (So,G)	Vegetarian Cottage Pie (So)	Fajita spiced vegetables in a soft taco boat (G)	Cheddar cheese and leek tart (G,Mk,E)
<b>VEG</b> EXTRA GOOD	Sweetcorn Garden Peas	Broccoli	Carrots Green beans	Chef's salad Courgettes	Garden peas
<b>CARBS</b> FUEL FOOD	Potato wedges	Fusilli Pasta (G) Garlic & rosemary ciabatta (G)	Roast new potatoes	Tomato rice	Chips
<b>DESSERT</b> SOMETHING SWEET	Chocolate sponge with chocolate custard (G,Mk,E)	Ice cream (Mk)	Carrot cake (G,E,Mk)	Jelly	Steamed syrup pudding with custard (G,Mk,E)

Fresh fruit available daily.



**JANUARY OATS**  
20th - Hungry Caterpillar Day

**FEBRUARY EGGS**

**MARCH BULGAR WHEAT**  
3rd - World Book Day

**APRIL PUMPKIN SEEDS**  
22nd - St. George's Day

## Dates

17<sup>th</sup> January, 7<sup>th</sup> February,  
7<sup>th</sup> March, 28<sup>th</sup> March

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Week 3

# MENU

mindful  
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BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Beef burger in a bun (G)	Tomato & Basil Penne Pasta with Beef Meatballs (G)	Pork sausages (G,Su)	Peri Peri Chicken	Breaded Fish Fillet (G,F)
<b>VEGGIE</b> MEAT FREE	Veggie burger in a bun (G,E)	Tomato and Basil Penne pasta (G)	Veggie sausages (G,E)	Peri Peri Sweet potato steak	Cheese and Onion Pinwheels (G,Mk,E)
<b>VEG</b> EXTRA GOOD	Chef's salad	Green beans  Cauliflower	Peas  Carrots	Sweetcorn  Courgettes	Garden peas
<b>CARBS</b> FUEL FOOD	Chips	Garlic Ciabatta (G)	Creamy mash (Mk)	Savoury rice	Chips
<b>DESSERT</b> SOMETHING SWEET	Flavoured jelly	Chocolate brownie with cream (G,Mk,E)	Pear sponge with custard (G,Mk,E)	Lemon Blondie (G,E,Mk)	Chocolate chip oaty cookie (G,E,Mk,So)

Fresh fruit available daily.



## Dates

3<sup>rd</sup> January, 24<sup>th</sup> January,  
14<sup>th</sup> February, 14<sup>th</sup> March, 4<sup>th</sup> April

## Allergens

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