

WEEK 1

W/C: 20th Feb, 13th Mar

MENU

Eat the Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Pasta Bolognaise (G)	Oven Baked Sausages with Gravy (G,Su)	Roast Chicken Thigh with Gravy (G,Mk)	Cottage Pie (Mk)	Fishy Friday (G,F)
Veggie MEAT FREE	Pasta with a Tomato and Basil Sauce (G,Mk)	Veggie Quorn Sausages with Gravy (G,Mk,E)	Cheese, Potato and Onion Pasty (G,E,Mk)	Vegetarian Cottage Pie (G,Mk,So)	Mixed Vegetable Empanada (G,E,Mk)
veg EXTRA GOOD	Green Beans Cauliflower	Garden Peas Leeks	Diced Carrots Sweetcorn	Broccoli Cabbage	Peas
Carbs FUEL FOOD	Pasta (G)	Mashed Potatoes (Mk)	Roast Potatoes	Rosemary and Olive Oil Bread (G)	Chips
Dessert SOMETHING SWEET	Chocolate Chip Cake with Custard (G,E,Mk,So)	Oaty Flapjack (G,Mk)	Raspberry Jam Sponge With Cream (G,E,Mk)	Jelly	Apple Crumble and Custard (G,E,Mk,So)

Green

JANUARY

19th - Outer Space Day

Purple

FEBRUARY

21st - Pancake Day

Red

MARCH

6th - World Book Day

Orange

APRIL

24th - St George's Day

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



WEEK 2

W/C: 27th Feb, 20th Mar

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild Chicken Curry

Baked Gammon topped Mac N Cheese (G,Mk)

Margarita Pizza (G,Mk)

Beef Lasagne (G,Mk)

Fishy Friday (G,F)

Veggie
MEAT FREE

Mixed Vegetable Curry (G,E,So)

Mac N Cheese (G,Mk)

Margarita Pizza (G,Mk)

Mediterranean Vegetable Lasagne (G,Mk)

Cheese and Tomato Turnover (G,E,Mk)

veg
EXTRA GOOD

Cauliflower Courgettes

Green Beans Carrots

Coleslaw (E)

Broccoli Sweetcorn

Peas

Carbs
FUEL FOOD

Steamed Rice

Pasta

Potato wedges

Garlic and Rosemary Bread (G)

Chips

Dessert
SOMETHING SWEET

Lemony Sponge and custard (G,E,Mk)

Jelly

Hot Chocolate Sponge Chocolate Sauce (G,E,Mk,So)

Apple & Berry Crumble With Custard (G,E,Mk)

Sticky Toffee Pudding with Hot Fudge (G,E,Mk,Su)

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WEEK 3

W/C: 6th March, 27th March

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild Chilli Beef

Chicken and Sweetcorn Casserole

Baked Gammon with Gravy

Beef Burger in a bun
(G,Su)

Fishy Friday
(G,F)

Veggie
MEAT FREE

Mild Vegetarian Chilli
(G,So)

Quorn and Sweetcorn Casserole
(E)

Green Peas and Goats Cheese Risotto
(Mk)

Vegetarian Burger in a bun
(G)

Cheese and Vegetable Pinwheel
(G,Mk)

veg
EXTRA GOOD

Cauliflower Green Beans

Broccoli

Carrots Courgettes

Chef's Salad Sweetcorn

Peas

Carbs
FUEL FOOD

Steamed Rice

Fusilli Pasta
(G)

Roast Potatoes

Jacket Wedges

Chips

Dessert
SOMETHING SWEET

Warm Chocolate Brownie
(G,E,Mk)

Steamed Ginger Sponge with Custard
(G,E,Mk)

Vegetarian Jelly

Chocolate Cheesecake
(G,Mk,So)

Peach Sponge with Custard
(G,Mk)

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