

WEEK 1

W/C 8/1, 29/1, 26/2, 18/3

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Spaghetti bolognaise
(G)

Chicken and
sweetcorn puff
pastry pie
(G,Mk)

Baked gammon with
gravy

Honey and
bbq glazed chicken
(G,Mk)

Fish fingers (G,F)

Veggie
MEAT FREE

Vegan Bolognaise
(G,So)

Creamy
vegetable pot pie
(G,Mk,E)

Gnocchi with a
Ratatouille Sauce
(G)

Honey and bbq
glazed roast
vegetables
(G,Mk,E)

Cheese, tomato and
roasted onion quiche
(G,Mk,E)

veg
EXTRA GOOD

Chef's salad

Cauliflower

Carrots

Sweetcorn

Garden peas

Green Beans

Steamed cabbage

Broccoli

Carbs
FUEL FOOD

Garlic bread
(G)

New potatoes

Roast potatoes

Savoury rice

Chips

Dessert
SOMETHING SWEET

Cinnamon spiced
pear and
apple crumble
(G,Mk,E)

Vegetarian jelly

Orange marmalade
steamed sponge
with custard
(G,E,Mk)

Chocolate marble
cake
(G,Mk,E)

Sticky toffee pudding
and hot fudge
(G,Mk,E,Su)

Dessert and fresh fruit available daily.

Green
JANUARY

18th - Hungry Caterpillar Day

Purple
FEBRUARY

9th - Chinese New Year

Red
MARCH

7th - World Book Day
15th - Red Nose Day

Orange
APRIL

23rd - 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 15/1, 5/2, 4/3

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild chicken curry

Cottage pie with
crunchy sweet
potato mash
(Mk)

Gammon macaroni
and cheese
(G,Mk)

Margherita focaccia
pizza
(G,Mk)

Fish fingers
(G,F)

Veggie
MEAT FREE

Quorn and
vegetable curry
(E)

Veggie cottage pie
with crunchy sweet
potato mash
(So,Mk)

Macaroni cheese
(G,Mk)

Margherita focaccia
pizza
(G,Mk)

Spanish omelette
(G,So)

veg
EXTRA GOOD

Cauliflower

Green beans

Steamed cabbage

Chef's Salad

Garden peas

Baby carrots

Sweetcorn

Carrots

Carbs
FUEL FOOD

Turmeric rice

Garlic bread
(G)

Baked potato
wedges

Chips

Dessert
SOMETHING SWEET

Chocolate chip
brownie
(G,E,Mk,So)

Lemony sponge
with custard
(G,Mk,E)

Vegetarian jelly

Strawberry Ice cream
(Mk)

Treacle Sponge with
Custard
(G,Mk,E)

Dessert and fresh fruit available daily.

Green

JANUARY

18th - Hungry Caterpillar Day

Purple

FEBRUARY

9th - Chinese New Year

Red
march

7th - World Book Day
15th - Red Nose Day

Orange

APRIL

23rd - St George's Day

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WEEK 3

W/C 22/1, 19/2, 11/3

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Lemon chicken
stir fry

Butchers pork
sausages
(G,Su)

Classic lasagne
(G,Mk)

Beef burgers
(G,Su,)

Fish fingers
(G,F)

Veggie
MEAT FREE

Sweet & sour
vegetable stir fry

Veggie sausages
with gravy
(G)

Mediterranean
vegetable lasagne
(G,Mk)

Vegetarian burger
(G)

Cheese and onion
puff pastry patty
(G,So,Mk,E)

veg
EXTRA GOOD

Stir fry vegetables

Carrots
Green beans

Cauliflower
Broccoli

Chef's salad

Garden peas

Carbs
FUEL FOOD

Steamed rice

Creamy mashed
potatoes (Mk)

Garlic and rosemary
bread (G)

Potato wedges

Chips

Dessert
SOMETHING SWEET

Chocolate Sponge
with Chocolate
custard
(G,Mk,E)

Flapjack
(G)

Vegetarian jelly

Lemon blondie
(G,Mk,E)

Chocolate Chip
Cookie
(G,Mk,So)

Desserts and fresh fruit available daily.

Green
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18th - Hungry Caterpillar Day

Purple
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9th - Chinese New Year

Red
MARCH

7th - World Book Day
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

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