

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

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Purple

FEBRUARY

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15th - Red Nose Day

Orange

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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

Cauliflower

Garden peas

Green beans

Broccoli

Chef's salad

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.

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