

WEEK 1

W/C 15th Apr, 6th May, 3rd June, 24th June

MENU

Eat the **Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Spaghetti bolognaise
(G)

Chicken and
sweetcorn puff
pastry pie
(G,E,Mk)

Baked gammon with
gravy

Honey and bbq
glazed chicken
(G,Mk)

Fish fingers (G,F)

Veggie
MEAT FREE

Vegan Bolognaise
(G,So)

Butternut Squash
and Goats Cheese
Risotto
(Mk)

Gnocchi with a
Ratatouille Sauce
(G)

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

Cheese, tomato and
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

Summer berry
cheesecake
(G,Mk)

Vegetarian jelly

Fresh Fruit

Chocolate marble
cake
(G,Mk,E)

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

Dessert and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
16th - Outer Space Day
23rd - National Biscuit Day

Green
JUNE
18th - Teddy Bears' Picnic

Purple
JULY
4th - World Chocolate Day
The Olympics

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 22nd Apr, 13th May,
10th June, 1st July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild chicken curry

Margherita focaccia
pizza
(G,Mk)

Gammon macaroni
and cheese
(G,Mk)

Cottage pie with
crunchy sweet
potato mash
(Mk)

Fish fingers
(G,F)

Veggie
MEAT FREE

Quorn and
vegetable curry
(E)

Margherita focaccia
pizza
(G,Mk)

Macaroni cheese
(G,Mk)

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

Spanish omelette
(E)

veg
EXTRA GOOD

Cauliflower

Chef's Salad

Steamed cabbage

Green beans
Sweetcorn

Garden peas

Baby carrots

Carrots

Carbs
FUEL FOOD

Turmeric rice

Baked potato
wedges

Garlic bread
(G)

Chips

Dessert
SOMETHING SWEET

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

Vegetarian jelly

Fresh Fruit

Strawberry Ice cream
(Mk)

Treacle Sponge with
Custard
(G,Mk,E)

Dessert and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
16th - Outer Space Day
23rd - National Biscuit Day

Green
JUNE
18th - Teddy Bears' Picnic

Purple
JULY
4th - World Chocolate Day
The Olympics

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WEEK 3

W/C 29th Apr, 20th May,
17th June, 8th July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Lemon chicken
stir fry

Beef burgers
(G,Su)

Classic lasagne
(G,Mk)

Butcher's pork
sausages
(G,Su)

Fish fingers
(G,F)

Veggie
MEAT FREE

Sweet & sour
vegetable stir fry

Vegetarian burger
(G)

Mediterranean
vegetable lasagne
(G,Mk)

Veggie sausages
with gravy
(G)

Spanakopita
(G,Mk,E)

veg
EXTRA GOOD

Stir fry vegetables

Chef's salad

Cauliflower
Broccoli

Carrots
Green beans

Garden peas

Carbs
FUEL FOOD

Steamed rice

Potato wedges

Garlic and rosemary
bread (G)

Creamy mashed
potatoes (Mk)

Chips

Dessert
SOMETHING SWEET

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

Lemon blondie
(G,Mk,E)

Fresh Fruit

Vegetarian jelly

Chocolate Chip
Cookie
(G,Mk,So)

Desserts and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
16th - Outer Space Day
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JUNE
18th - Teddy Bears' Picnic

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JULY
4th - World Chocolate Day
The Olympics

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