

Menus are subject to change due to circumstances beyond our control.

Menu

Week 1

M/C = May Contain



Mains

HAPPY TUMS

Monday

Mild Chilli Beef
M/C (G)
Bread (G)

Tuesday

Roast Pork Sausage
with
Yorkshire Pudding
and Gravy
(G,E,Mk,Su)

Wednesday

Chicken and
Sweetcorn with
Penne Pasta
(G,Mk)

Thursday

Margherita Focaccia
Pizza
(G,Mk)
M/C (E)

Friday

Fish Fingers
(G,F)

Veggie

MEAT FREE MAINS

Mild Vegan Chilli
(So) M/C (G)
Bread (G)

Roast Vegetable
Sausage with
Yorkshire Pudding
and Gravy
(G,Ce,E,Mk)

Mediterranean
Vegetable, Tomato
and Sweetcorn with
Penne Pasta
(G)

Margherita Focaccia
Pizza
(G,Mk)
M/C (E)

Veg Finger
(G)

veg

EXTRA GOOD

Roast Courgettes
Cauliflower

Steamed Carrots
Garden Peas

Broccoli
Green Beans

Garden Salad

Peas

carbs

FUEL FOOD

Brown Rice

Creamy
Mash Potato
(Mk)

Garlic Bread
(G)

Crispy Potato
Wedges

Chips

Dessert

SOMETHING SWEET

Chocolate Brownie
(G,E)

Fruity Jelly

Fresh Fruit

Flapjack
(G)

Steamed Treacle
Sponge & Custard
(G,E,Mk) M/C (So)

Fresh fruit and Bread available daily.

Dates

13th Oct, 10th Nov, 1st Dec

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



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Menu

Week 2

M/C = May Contain



Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Macaroni Cheese
with Chicken
(G,Mk)

Beef Burger
In a Bun
(G,Su,So)
M/C (Se)

Baked Gammon
With Gravy
(None)
Bread (G)

Mediterranean
Chicken
(None)
Bread (G)

Fish Fingers
(G,F)

Veggie

MEAT FREE MAINS

Macaroni and
Cheese
(G,Mk)

Vegetable Enchilada
with a Tomato Sauce
and Cheese
(G,Mk)

Roasted Vegetable
and Bean Crumble
(G,Mk)

Vegetable
Lasagne
(G,Mk)
Bread (G)

Veggie Fritter
(E,Mk)
Bread (G)

veg

EXTRA GOOD

Steamed Broccoli
Baby Carrots

Chefs Salad
with
Sweetcorn

Brussel Sprout 
Carrots

Green Beans
Cauliflower

Garden Peas

Carbs

FUEL FOOD

Garlic Bread
(G)

Jacket Wedges

Roast Potatoes

Steamed Rice

Chips

Dessert

SOMETHING SWEET

Hot Chocolate
Sponge with Custard
(G,E,Mk)

Fresh Fruit

Fruity Jelly

Sticky Ginger Cake
(G,E,Mk,Su)

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

Fresh fruit and Bread available daily.

Dates

20th Oct, 17th Nov, 8th Dec

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
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Menu

Week 3

M/C = May Contain



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Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Spaghetti Bolognese (G)	Pork Sausage Hot Dog (G,Su) M/C (Se)	Shepherds Pie (Mk,Ce) Bread (G)	Chicken and Vegetable Hot Pot (None)	Fish Finger (G,F)
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Veggie

MEAT FREE MAINS

Penne Pasta with a Tomato and Basil Sauce (G)	Veggie Quesadilla with Salad (G,Mk,E)	Vegan Cottage Pie (Mk,So,Ce) Bread (G)	Seasonal Vegetable and Butternut Squash Hot Pot (None)	Potato, Cheese and Onion Pasty (G,E,Mk)
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veg

EXTRA GOOD

Courgettes Green Beans	Mixed Tossed Salad with Sweetcorn	Broccoli Carrots	Medley of Vegetables	Garden Peas
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Carbs

FUEL FOOD

Garlic Bread (G)	Potato Wedges	Mashed potatoes (Mk)	Steamed Rice Bread (G)	Chips
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Dessert

SOMETHING SWEET

Fruity Jelly	Pear Sponge Pudding & Custard (G,E,Mk)	Fresh Fruit	Sticky Toffee Pudding (G,E,Mk,Su)	Chocolate Marble Cake (G,E,Mk)
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Fresh fruit and Bread available daily.

Dates

3rd Nov, 24th Nov, 15th Dec

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

