

Menu

Week 1

M/C = May Contain



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

Mains

HAPPY TUMS

Monday Tuesday Wednesday Thursday Friday

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

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

Chicken and
Sweetcorn with
Penne Pasta
(G,Mk)

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

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 with
Tartar Sauce
(G,E,Su)

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

Berry Flapjack
Crumble
(G)

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

Fresh fruit and Bread available daily.

Dates

1st Sept, 22nd Sept, 13th Oct

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



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 Apple sauce and Gravy
(None)
Bread (G)

Mild Chicken Curry
(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)

Potato and Vegetable Curry
(None)
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

Turmeric Rice

Chips

Dessert

SOMETHING SWEET

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

Fresh Fruit

Fruity Jelly

Sticky Ginger Cake
(G,E,Mk)

Lemon and White Chocolate Drizzle Cake
(G,E,Mk,So)

Fresh fruit and Bread available daily.

Dates

8th Sept, 29th Sept, 20th Oct

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
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Menu

Week 3

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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 with Sauté Potato Topping (None)	Fish Finger (G,F)
Veggie MEAT FREE MAINS	Penne Pasta with a Tomato and Basil Sauce (G)	Veggie Quesadilla with Coleslaw (G,Mk,E)	Vegan Cottage Pie (Mk,So,Ce) Bread (G)	Seasonal Vegetable and Butternut Squash Hot Pot with Sauté Potato Topping (None)	Potato, Cheese and Onion Pasty (G,E,Mk)
veg EXTRA GOOD	Courgettes Green Beans	Mixed Tossed Salad with Sweetcorn	Broccoli Carrots	Medley of Vegetables	Garden Peas
carbs FUEL FOOD	Garlic Bread (G)	Potato Wedges	Mashed potatoes (Mk)	Sauté Potatoes Bread (G)	Chips
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)

Fresh fruit and Bread available daily.

Dates

15th Sept, 6th Oct,

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

