

MENU

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Classic Spaghetti
Beef Bolognese
(G)

Roasted Pork Sausage
with Onion Gravy 
(G,Su)

Mexican Chicken and
Nacho Traybake
(G,Mk)
M/C (So)

Classic Beef Burger
in a Bun
(G,So)
M/C (Se)

Baked Fish Fingers
(F,G)

Veggie

MEAT FREE

Ratatouille Veg and
Penne Pasta Bake with
Basil
(G,Mk)

Veggie Sausages
with Onion Gravy
(G,Su)

Vegetable Quesadilla
(G,Mk)

Pea, Potato, Onion
and Spinach Frittata
(Mk,E)

Vegetable Fingers
(G)

veg

EXTRA GOOD

Green Beans
Steamed Carrots

Diced Swede
Broccoli

Courgettes
Sweetcorn

Garden Salad

Peas

carbs

FUEL FOOD

Garlic Bread
(G)

Mashed Potato
(Mk)

Wholegrain and
White Rice

Jacket Wedges

Chips

Dessert

SOMETHING SWEET

Fresh Fruit

Lemon Blondie
(G,E)

Fruit Jelly

Chocolate Marble
Cake
(G,E,Mk)

Fresh Fruit
Or
Yogurt
(Mk)

Fresh Bread and fresh fruit available daily.



JANUARY
LEEKES

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates

05/01/26, 26/01/26

Allergens: Please note the allergens shown within these menus are subject to change.

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide

MENU

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

Chicken Mac N Cheese (G,Mk)	Margherita Focaccia Pizza (G,Mk)	Honey and Barbeque Glazed Chicken	Traditional Beef Lasagne (G,Mk) M/C (E)	Battered Fish Fillet (G,F)
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Veggie

MEAT FREE

Classic Mac N Cheese (G,Mk)	Margherita Focaccia Pizza (G,Mk)	Honey and Barbeque Roasted Vegetables with Cannellini Beans	Mediterranean Vegetable Lasagne (G,Mk) M/C (E)	Leek and Cheddar Quiche (G,E,Mk)
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veg

EXTRA GOOD

Peas & Corn	Garden Salad	Roasted Parsnips Steamed Broccoli 	Green Beans Baby Carrots	Garden Peas 
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carbs

FUEL FOOD

Garlic & Rosemary Baguette (G)	Baked Waffle Fries	Wholegrain and White Rice	Garlic Bread (G)	Chips
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Dessert

SOMETHING SWEET

Fresh Fruit	Toffee Drizzle Flapjack Traybake (G)	Fruity Jelly	Chocolate Brownie (G,E)	Fresh Fruit Or Yogurt (Mk)
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Fresh Bread and fresh fruit available daily

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

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

Dates
12/01/26, 02/02/26

Allergens: Please note the allergens shown within these menus are subject to change.

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|-----------------|-------------------------------|---------------|--------------|----------------------|
| Ce = Celery | F = Fish | L = Lupin | Mu = Mustard | Se = Sesame Seeds |
| Cr = Crustacean | G = Cereals containing Gluten | Mk = Milk | N = Nuts | So = Soya |
| E = Eggs | | Mo = Molluscs | P = Peanuts | Su = Sulphur Dioxide |

Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mild Beef Chilli
M/C (G)

Pork Sausage
Hot Dog
(G,Su)
M/C Se

Tomato and
Mozzarella Focaccia
Pizza
(G,Mk)

Chicken and
Vegetable Pie
(G)

Fish Fingers
(G,F)

Veggie

MEAT FREE

Vegan Mince Chilli
(G,So)

Veggie Finger Dog
(G)
M/C (Se,So)

Tomato and
Mozzarella Focaccia
Pizza
(G,Mk)

Gnocchi with a
Ratatouille Sauce
(G,Mk)
M/C (E,Mu,So)

Baked Spinach and
Feta Cheese
Spanakopita
(G,E,Mk)

veg

EXTRA GOOD

Roast Courgettes
Sweetcorn

Steamed Carrots
Green Beans

Garden Salad

Diced Swede
Broccoli

Garden Peas

carbs

FUEL FOOD

White and
Wholegrain Rice

New Potatoes

Jacket Wedges

Mashed Potato
(Mk)

Chips

Dessert

SOMETHING SWEET

Fresh Fruit

Lemon Meringue Pie
(G,E,Su)

Fruity Jelly

Chocolate Pudding
with
Chocolate Custard
(G,E,Mk)

Fresh Fruit
Or
Yogurt
(Mk)

Fresh Bread and fresh fruit available daily



JANUARY
LEEKs

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates

19/01/26, 09/02/26

Allergens: Please note the allergens shown within these menus are subject to change.

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide