

# Menu

## Week 1



**THE FRESH LITTLE**  
**ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Classic Beef Bolognese

Margherita Pizza  
(G,Mk)

BBQ Chicken Pieces

Pork Sausage with Gravy  
(G,Su)

Fish Fingers  
(G,F)

### Veggie

MEAT FREE

Vegan Mince Cottage Pie  
(Mk,G,So)

Margherita Pizza  
(G,Mk)

Summer Vegetable Risotto  
(Mk)

Gnocchi with a Lentil & Ratatouille Sauce  
(G,Su)

Vegetable Fingers  
(G)

### veg

EXTRA GOOD

Garden Peas

Garden Salad

Broccoli

Sweetcorn

Peas

Cauliflower

Carrots

Green Beans

### carbs

FUEL FOOD

50/50 Fusilli Pasta  
(G)

Jacket Wedges

50/50 Rice

Mashed Potatoes  
(Mk)

Chips

### Dessert

SOMETHING SWEET

Fresh Fruit

Beetroot & Chocolate Brownie  
(G,E)

Fruit Jelly

Strawberry Ice Cream  
(Mk)

Fruit or Yogurt  
(Mk)

*Fresh Fruit available daily.*

*Due to circumstances we sometimes need to change the menus.*

APRIL  
NEW  
POTATOES

MAY  
BASIL

JUNE  
BEETROOT

JULY  
MINT

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

### Dates

01/06/26,  
22/06/26

**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

**APRIL NEW POTATOES**

**MAY BASIL**

**JUNE BEETROOT**

**JULY MINT**

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

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Chicken Meatballs  
in a  
Tomato & Basil  
Sauce



Sausage Dog  
(G,Su) M/C Se

Beef Lasagne  
(G, Mk)

Margherita Pizza  
(G,Mk)

Battered Fish  
(G,F)

**Veggie**  
MEAT FREE

Plant Balls  
in a  
Tomato & Basil  
Sauce  
(So)



Veggie Sausage  
Dog  
(G) M/C Se

Sweet Potato, Pea  
and Cheese  
Quesadilla  
(G,Mk)

Margherita Pizza  
(G,Mk)

Roasted Red  
Pepper, Courgette  
& Cheese Quiche  
(G,E,Mk)

**veg**  
EXTRA GOOD

Roast Courgettes  
  
Sweetcorn

Broccoli  
  
Carrots

Cauliflower  
  
Green Beans

Garden salad  
with  
Sweetcorn

Peas

**carbs**  
FUEL FOOD

50/50  
Steamed Rice

Roast New  
Potatoes



Garlic Bread  
(G)

Jacket Wedges

Chips

**Dessert**  
SOMETHING SWEET

Fresh Fruit

Lemon Blondie  
(G,E)

Fruit Jelly

Iced Sponge Cake  
(G,E,Mk)

Fresh Fruit  
Or  
Yogurt (Mk)

*Fresh Fruit available daily.*

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**Dates**

08/06/26,  
29/06/26

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containing Gluten

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# Menu

## Week 3



**THE FRESH LITTLE**  
**ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Gratin Chicken  
with Spinach and  
Tomato  
(G,Mk)

Beef Burger  
In a Bun  
(G,So)  
MC (Se)

Roast Chicken  
Yorkshire Pudding  
and Gravy  
(G,E,Mk)

Mild Chilli Beef  
MC (G)

Fish Fingers  
(G,F)

### Veggie

MEAT FREE

Roast Vegetables  
& Cannelli Beans  
in Tomato Sauce

Macaroni and  
Cheese  
(G,Mk)

Lentil And  
Vegetable Pastie  
with Gravy  
(G)

Vegan Chilli  
(G,So)

Spanish  
Potato, Onion &  
Spinach Frittata  
(E,Mk)

### veg

EXTRA GOOD

Green Beans  
Cauliflower

Garden Salad

Carrots  
Broccoli

Sweetcorn  
Courgettes


Peas

### carbs

FUEL FOOD

Wholemeal Penne  
(G)

Jacket wedges

Roast New  
Potato 

50/50  
Steamed Rice

Chips

### Dessert

SOMETHING SWEET

Fresh Fruit

Double Chocolate  
Traybake  
(G,E,Mk,So)

Fruit Jelly

Lemon Drizzle Cake  
(G,E)

Fresh Fruit  
Or  
Yogurt (Mk)

*Fresh Fruit available daily.*

*Due to circumstances we sometimes need to change the menus.*

APRIL  
NEW  
POTATOES

MAY  
BASIL

JUNE  
BEETROOT

JULY  
MINT

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the menu to try a  
yummy seasonal special!

Dates

18/06/26, 06/07/26

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Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide