

# 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 Ratatouille & Basil 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

APRIL NEW POTATOES 

MAY BASIL 

JUNE BEETROOT 

JULY MINT 

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

### Dates

13/04/26,  
04,05/26

**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**  
**BETROOT**

**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)

Beef Moussaka  
(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)

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*

**Dates**

20/04/26,  
11/05/26

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Cr = Crustacean

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Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

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

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*

APRIL  
NEW  
POTATOES

MAY  
BASIL

JUNE  
BEETROOT

JULY  
MINT

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

Dates

27/04/26, 18/05/26

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F = Fish

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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