

Menu

Week 1



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken curry
Garlic and
coriander naan

Margherita pizza
(G,Mk)

Baked Gammon
With Gravy

Beef lasagne
(G,Mk)

Breaded fish
fingers
(G,F)

Veggie

MEAT FREE

Vegetable and
Quorn curry (E)

Margherita pizza
(G,Mk)

Lentil roast with
veggie gravy
(Mu,G,So,Ce)

Roast vegetable
lasagne
(G,Mk)

Gnocchi with a
ratatouille sauce
(G,So,Mk,E)

veg

EXTRA GOOD

Sweetcorn

Chef's Salad

Carrots

Green beans

Broccoli

Cauliflower

Cabbage

Garden peas

Carbs

FUEL FOOD

Steamed Rice

Seasoned
wedges

Roast potatoes

Garlic and
rosemary bread
(G)

Chips

Dessert

SOMETHING SWEET

Apple &
Cinnamon
crumble with
cream (G,Mk)

Flavoured Jelly

Yogurt
(Mk,Su)

Banana cake with
Chocolate sauce
(G,Mk,E)

Fruity Flapjack
(G,Mk)

Jam Roly Poly
and custard
(G,Mk)

Fresh fruit available daily.

SEPTEMBER
SWEETCORN

8th - American Day

OCTOBER
APPLES

6th - German Day

NOVEMBER
BUTTERNUT

5th - Bonfire Night

DECEMBER
CELERIAC

1st - 16th
12 Days of Christmas

DATES

6th Sept, 27th Sept, 18th Oct,
15th Nov, 6th Dec.

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

Allergens



Menu

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Hot dog
(G,Su)

Beef
bolognaise

Roast Turkey, with
roast gravy
(G)

Chicken wrap
(G,Mu,Mk)

Battered
fish fillet
(G,E,F)

Veggie

MEAT FREE

Vegetable and
Feta Cheese Hot
Dog (G,Mk)

Soya Mince and
lentil Bolognaise
(So,G)

Macaroni Cheese
(G,Mk)

Vegetable wrap
(G,Mu,Mk)

Cheddar Cheese
and Leek Tart
(G,Mk,E)

veg

EXTRA GOOD

Sweetcorn
Garden Peas

Broccoli

Carrots

Chef's salad

Garden peas

Green Beans

Courgettes

Carbs

FUEL FOOD

Baked potato
wedges

Fusilli Pasta (G)
Garlic & Rosemary
Ciabatta (G)

Roast new
potatoes

Tomato rice

Chips

Dessert

SOMETHING SWEET

Chocolate Sponge
with chocolate
custard (G,Mk,E)

Ice Cream with
Shortbread fingers
(G,Mk)

Carrot Cake
(G,E Mk)

Jelly

Cornflake tart and
custard
(G,Mk,E)

Fresh fruit available daily.

Dates

13th Sept, 4th Oct, 1st Nov,
22nd Nov, 13th Dec.

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



SEPTEMBER
SWEETCORN

8th - American Day

OCTOBER
APPLES

6th - German Day

NOVEMBER
BUTTERNUT

5th - Bonfire Night

DECEMBER
CELERIAC

1st - 16th
12 Days of Christmas



Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Beef burger
in a bun
(G)

Peri Peri Chicken

Pork sausages
(G,Su)

Tomato & Basil
Penne Pasta with
Beef Meatballs (G)

Breaded fish
fingers
(G,F)

Veggie

MEAT FREE

Veggie burger
in a bun
(G,E)

Peri Peri
Sweet potato steak

Veggie sausages
(G,E)

Tomato and Basil
Penne pasta
(G)

Cheese and Onion
Pinwheels
(G,Mk,E)

veg

EXTRA GOOD

Chef's salad

Sweetcorn

Peas

Green Beans

Garden peas

Courgettes

Cauliflower

Carrots

Carbs

FUEL FOOD

Chips

Savoury rice

Creamy
Mash
(Mk)

Garlic Ciabatta
(G)

Chips

Dessert

SOMETHING SWEET

Flavoured Jelly

Lemon Blondie
(G,E,Mk)

Pear Sponge with
Custard
(G,Mk,E)

Chocolate Chip
Oaty Cookie
(G,E,Mk,So)

Chocolate
Brownie with
Cream (G,Mk,E)

Fresh fruit available daily.

Dates

20th Sept, 11th Oct, 8th Nov,
29th Nov

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



SEPTEMBER
SWEETCORN

8th - American Day

OCTOBER
APPLES

6th - German Day

NOVEMBER
BUTTERNUT

5th - Bonfire Night

DECEMBER
CELERIAC

1st - 16th
12 Days of Christmas

