

WEEK 1

5<sup>th</sup> sept, 25<sup>th</sup> sept, 16<sup>th</sup> oct,  
13<sup>th</sup> nov, 4<sup>th</sup> dec

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Mac and Cheese  
With Gammon  
**(G,Mk)**

Minced Beef and  
Onion Pie  
**(G,Mk)**

Sausages  
and Gravy  
**(G,Su)**

Mild Chinese style  
Chicken Curry  
**(G,So)**

Fish Fingers **(G,F)**  
or  
Fillet of Fish  
**(G,F)**

**Veggie**  
MEAT FREE

Mac  
and Cheese  
**(G,Mk)**

Mozzarella and  
Tomato toasted  
Wrap  
**(G,Mu,Mk,Ce)**

Veggie Sausages  
and Gravy  
**(G,Ce)**

Mild Chinese  
Vegetable Curry  
**(G,So)**

Carrot, Courgette  
and Corn Fritter  
**(G,Mk,E)**

**veg**  
EXTRA GOOD

Steamed Broccoli

Sweetcorn

Green Beans

Courgettes

Peas

**Carbs**  
FUEL FOOD

Garlic Bread  
**(G)**

New Potatoes

Creamy  
Mashed Potato  
**(Mk)**

Steamed Rice

Chips

**Dessert**  
SOMETHING SWEET

Baked Lemon  
Pudding with Custard  
**(G,Mk,E)**

Chocolate  
Sponge Cake  
**(G,Mk,E)**

Rice Pudding  
**(Mk)**

Banoffee Pie  
**(G,Mk,So)**

Jam Tart  
**(G,Mk,E)**

Fresh fruit available daily.

**Red**  
September

**Orange**  
OCTOBER  
5<sup>th</sup> - Superhero Day  
31<sup>st</sup> - Halloween

**Yellow**  
November  
Diwali

**White**  
December  
Christmas Lunches

## 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



WEEK 2

11th sept, 2<sup>nd</sup> oct, 30<sup>th</sup> oct,  
20<sup>th</sup> nov 11th dec

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Beef Burger  
in a Bun  
(G,Su)

BBQ Sticky Chicken  
(G,Su,So,Ce)

Sausagemeat  
Wellington  
with Gravy  
(G,Su,Mk,E)

Oven Baked Lasagne  
topped with  
Mozzarella Cheese  
(G,Mk,E)

Fish Fingers (G,F)  
or  
Baked Fish Fillet  
(G,F)

## Veggie

MEAT FREE

Veggie Burger  
in a Bun  
(G,E)

Veggie Hot Dog Roll  
(G,Su,So)

Potato and  
Vegetable  
Wellington  
with Gravy  
(G,Mk,E)

Roasted Veggie  
Lasagne with  
Mozzarella Cheese  
(G,Mk,E)

Spring Onion, Cheese  
and Tomato Quiche  
(G,Mk,E)

## veg

EXTRA GOOD

Sweetcorn

Green beans

Carrots

Chef's Salad

Peas

## Carbs

FUEL FOOD

Baked  
Jacket Wedges

Steamed Rice  
Sauté Potatoes

Roast New Potatoes

Garlic and Rosemary  
Bread  
(G,Mk)

Chips

## Dessert

SOMETHING SWEET

Lemon Meringue Pie  
(G,Mk,E)

Jamaican  
Ginger Cake  
(G,Mk,E)

Steamed Jam Sponge  
with Custard  
(G,Mk)

Apple Crumble  
and Custard  
(G)

Sticky  
Toffee Pudding  
(G,Su,Mk,E)

Fresh fruit available daily.

Red  
September

Orange  
OCTOBER  
5th - Superhero Day  
31st - Halloween

Yellow  
November  
Diwali

White  
December  
Christmas Lunches

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# WEEK 3

18<sup>th</sup> Sept, 9<sup>th</sup> Oct, 6<sup>th</sup> Nov,  
27<sup>th</sup> Nov, 18<sup>th</sup> Dec

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Spaghetti Bolognaise  
(G)

Margherita Pizza  
(G,Mk)

Baked Gammon with Gravy  
(none)

Chicken Stir Fry with Peppers  
(G,So,Mu,Ce)

Fish Fingers (G,F) or Baked Fish Fillet  
(G,F)

## Veggie

MEAT FREE

Spaghetti in a Tomato and Basil Sauce  
(G)

Margherita Pizza  
(G,Mk)

Cheese, Leek and Butternut Squash Pie  
(G,Mk)

Quorn Stir Fry with Peppers  
(G,So,E)

Cheese and Onion Omelette  
(Mk,E)

## veg

EXTRA GOOD

Chef's Salad

Cauliflower

Cabbage and Carrots

Green Beans

Peas

## Carbs

FUEL FOOD

Garlic Bread  
(G)

Jacket Wedges

Roast Potatoes

Steamed Rice

Chips

## Dessert

SOMETHING SWEET

Eves Pudding  
(G,Mk,E)

Lemon Blondie  
(G,E)

Sultana and Cranberry Flapjack  
(G)

Vegetarian Jelly

Chocolate Brownie  
(G,Mk,E)

Fresh fruit available daily.

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September

Orange  
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