

WEEK 1

W/C 08/01/24, 29/01/24,
26/02/24, 18/03/24, 22/04/24

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Macaroni cheese
(G,Mu,Mk)

Mild chicken curry
(None)

Roast Chicken and gravy
Sage and onion stuffing
balls (G)

Butchers chicken
sausages, gravy and
onions
(G,Su)

Fish fingers (G,F)

Veggie

MEAT FREE

Macaroni cheese
(G,Mu,Mk)

Spring vegetable and
lentil curry
(None)

Butternut squash and
cherry tomato crumble
(G,Mk)

Veggie sausages, gravy
and onions
(G,Ce)

Cheese, Omelette
(Mk,E)

veg

EXTRA GOOD

Chef's salad

Broccoli

Carrots
Steamed cabbage

Baked beans
Broccoli

Garden peas
Baked beans

Carbs

FUEL FOOD

Garlic bread
(G,So)

Savoury Rice

Roast potatoes

Creamy mash potato

Chips

Dessert

SOMETHING SWEET

Fruit Yogurt Jelly
(Mk,So)

Chocolate
cake
(G,Mk,E)

Fruit Yogurt Jelly
(Mk,so)

Apple Crumble Custard
(G,Mk)

Ice cream
(Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - St George's Day

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

W/C 15/01/24, 05/02/24,
04/03/24, 25/03/24, 29/04/24

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Nutless pesto pasta
(G,Mk)

Chilli con carne
(none)

Roast Turkey and gravy

Sage and onion
stuffing balls (G)

Margarita pizza
(G,Mk)

Battered pollock, lemons
& tartare Sauce
(G,Su,F,E)

Veggie

MEAT FREE

Nutless pesto pasta
(G,Mk)

Vegetable chilli
(none)

Hidden veggie
sausage rolls
(G,E)

Margherita
focaccia pizza
(G,Mk)

Veggie Hot Dog
(G,Ce, Se)

veg

EXTRA GOOD

Sweetcorn

Steamed cauliflower

Roasted carrots
and parsnips

Classic coleslaw
(Su,Mu,Mk,E)

Garden peas

Chef's salad

Baked beans

Carbs

FUEL FOOD

Garlic bread
(G,So)

Savoury rice

Roasted new potatoes

Baked potato wedges

Chips

Dessert

SOMETHING SWEET

Fruit,yoghurt,Jelly
(So, Mk)

Lemon curd sponge
with custard
(G,Mk,E)

Coconut carrot slices -
reduced sugar
(G,E)

Sultana flapjack
(G)

Fruit.Yoghurt,Jelly
(So,Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - St George's Day

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WEEK 3

W/C 22/01/24, 19/02/24,
11/03/24, 15/04/24

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Tomato Pasta Bake
(GMk)

Beef burger served in a
bun
(G,Se)

Jerk Chicken Thigh
(G,So)

Italian beef Bolognese
with Spaghetti
(G)

Fish fingers
(G,F)

Veggie

MEAT FREE

Tomato Pasta Bake
(GMk)

Vegetable burger served
in a bun
(G,Ce, Se)

Cheese and Tomato
Quiche
(G,Mk)

Vegetable Bolognese
with Spaghetti
(G)

Cheese and onion
puff pastry patty
(G,So,Mk,E)

veg

EXTRA GOOD

Broccoli

Peas

Carrots and Sweetcorn

Chef's salad

Garden peas

Baked beans

Carbs

FUEL FOOD

Garlic Focaccia
(G)

Potato wedges

Braised Rice

Garlic Bread
(G, So)

Chips

Dessert

SOMETHING SWEET

Fruit Yogurt Jelly
(Mk, So)

Short Bread Biscuits
(G)

Fruit Yogurt Jelly
(So, Mk)

Strawberry jam and
coconut sponge
(G,E,Mk)

Fruit Yogurt Jelly
(So, Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green

JANUARY

18th - Hungry Caterpillar Day

Purple

FEBRUARY

9th - Chinese New Year

Red

MARCH

7th - World Book Day
15th - Red Nose Day

Orange

APRIL

23rd - St George's Day

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