

Week 1 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Creamy Pasta Bake
(G,Mk)

Savoury minced
beef served with
Yorkie
(G, Ce)

Sticky BBQ Chicken
Thighs
(Su)

Chicken Sausages
with Sweet Onion
Gravy
(G,Su)

Fish Finger with
Home-Made Tartar
Sauce
(G,F,E)

Veggie
MEAT FREE

Leek and Mushroom
Pasta Bake
(G,Mk)

Savory Veggie
Mince served
with a Yorkie
(Ce,So)

Sticky BBQ Quorn
(E,So)

Veggie Sausages
with
Onion Gravy
(G)

Breaded Veggie
Fingers
(G,Se,E)

Veg
EXTRA GOOD

Broccoli
~~~~~  
Sweetcorn

Peas  
~~~~~  
Cauliflower

Roasted Parsnips
~~~~~  
Roasted Carrots

Steamed Peas  
~~~~~  
Cauliflower

Steamed Broccoli
~~~~~  
Baked Beans

**Carbs**  
EXTRA FILLING

Garlic Bread  
(G,So)

Brown Rice

Roast New  
Potatoes

Fluffy Mashed  
Potato

Oven Baked Chips

**Dessert**  
SWEET TREAT

Fruit, Jelly, Yogurt  
(Mk,So)

Orchard Crumble  
and Custard  
(G,Mk)

Fruity Flavoured  
Jelly  
(None)

Flapjack  
(G)

Fruit, Jelly, Yogurt  
(Mk,So)

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

**Dates**

WC 06/01/25, 27/01/25,  
24/02/25, 17/03/25,  
21/04/25

**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



# Menu

Week 2

Eat the Seasons  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Tomato and Basil  
Pasta Bake  
(G)

Keema Beef Curry  
(G,MK)

Roast Chicken with Gravy  
(None)

Beef Burger and  
Bun  
(G,Se)

Fish Fingers  
with Ketchup  
(G,F)

## Veggie

MEAT FREE

Ratatouille  
Vegetables and  
Penne Pasta Bake  
With Basil  
(G)

Spring Vegetable  
and Lentil Curry  
(G,Mk,So)

Roast Vegetarian Loaf  
(E,G)

Vegetable Burger  
and Bun  
(G,Se,E)

Potato Onion  
and Spinach  
Omelette  
(E,Mk)

## Veg

EXTRA GOOD

Green Beans  
~~~~~  
Roasted
Courgettes

Cauliflower
~~~~~  
Sweetcorn

Baby Carrots  
~~~~~  
Steamed Cabbage and
Leeks

Coleslaw
~~~~~

Garden Peas  
~~~~~  
Baked Beans

Carbs

EXTRA FILLING

Brown Rice

Roasted Potatoes

Crushed New
Potatoes

Oven Baked
Chips

Dessert

SWEET TREAT

Fruit, Jelly, Yogurt
(Mk,So)

Chocolate Marble
Cake
(E,Mk)

Fruity
Flavoured Jelly
(NONE)

Rice Pudding with
Jam Sauce
(Mk,su)

Ice Cream Pots
(Mk)

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

RHUBARB
January

BROCCOLI
February

SPRING ONIONS
March

SPINACH
April

Dates

WC 13/01/25, 03/02/25.
03/03/25, 24/03/25,
28/04/25

Allergens

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Cr = Crustacean
E = Eggs

F = Fish
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containing Gluten

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Menu

Week 3

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

Mains

HAPPY TUMS

Pizza Margherita
(G,E,Mk)

Italian Beef
Bolognese
(None)

Roast Turkey
Breast with Gravy
and Cranberry
Sauce
(None)

Chicken and
Mixed Bean Chilli
(Mu)

Battered Fish Fillet
with Home-made
Tartar Sauce
(G,F,E)

Veggie

MEAT FREE

Pizza Margherita
(G,E,Mk)

Veggie Mince
Bolognese
(G,So)

Roast Vegetable
and Mozzarella
Pancake Bake
(Ce,G,E,Mk)

Quorn and
Vegetables Chilli
con Carne
(Ce,E,Mu)

Veggie Tomato
and Rice Wrap
(G,Mk,Mu)

Veg

EXTRA GOOD

Mediterranean Roasted
Vegetables

Roasted
Courgettes
Baby Corn

Green Beans
~~~~~  
Roast Parsnips

Broccoli  
~~~~~  
Steamed Carrots

Garden Peas
~~~~~  
Baked Beans

## Carbs

EXTRA FILLING

Crispy New Potatoes

Wholemeal Penne  
Pasta  
(G)

Roasted Potatoes

Wholegrain  
Steamed Rice

Oven Baked Chips

## Dessert

SWEET TREAT

Fruit, Jelly, Yogurt  
(Mk,So)

Lemon Drizzle  
Cake  
(G,E,)

Fruity  
Flavoured Jelly  
(None)

Banana Flapjack  
(G)

Fruit, Jelly, Yogurt  
(Mk,So)

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

## Dates

WC 20/01/25, 10/02/25,  
10/03/25, 31/03/25

## Allergens

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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

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**RHUBARB**  
January

**BROCCOLI**  
February

**SPRING ONIONS**  
March

**SPINACH**  
April