

Menu

Week 1



**THE FRESH LITTLE
ALLOTMENT**
SEASONALLY FRESH, PERFECTLY PICKED

**JANUARY
LEEKs**

**FEBRUARY
PARSNIPS**

**MARCH
KALE**

**APRIL
NEW
POTATOES**

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Vegan Mince and
Lentil Bolognese with
Pasta
(G,So)

Lamb and Vegetable
Curry with Mango
Chutney
(Mu)

Roasted Chicken
Meatballs with a
Braised Leek and
Onion Gravy

Beef, Bean and Eat
Curious Chilli con
Carne with Crushed
Nachos
(So)

Baked Fish Fingers
or
Baked Salmon
Fishcake
(G,F)

Veggie
MEAT FREE

Wholemeal Macaroni
Cheese with Leeks
and Cheddar
(G,Mk)

West African
Chickpea and Kale
Curry with Mango
Chutney
(Mk,Mu)

Vegan Plant Ball
with a Braised Leek
and Onion Gravy
(So)

Eat Curious and Bean
Chilli non-Carne
with Crushed Nachos
(So)

Baked Vegetable
Fingers (G)

veg
EXTRA GOOD

Broccoli

Cauliflower

Honey Glazed
Parsnips

Braised Kale

Garden Peas

Sliced Carrots

Sweetcorn

Green Beans

Roasted Carrots

Baked Beans

carbs
FUEL FOOD

New Potato Focaccia
(G)

Wholegrain and
White Rice

Mashed Potato
(Mk)

Wholegrain and
White Rice

Chips

Dessert
SOMETHING SWEET

Fruit Platter,
Fruity Jelly
Or Yoghurt (Mk, So)

Lemon Drizzle Cake

Fruit Platter
Fruity Jelly
Or Yoghurt (Mk, So)

Sugar Free Coconut
Flapjack
(G,Su, Mk)

Fruit Platter,
Fruity Jelly or
Yoghurt (Mk,So)

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

Dates

W/C 05/01/26, 26/01/26,
23/02/26, 16/03/26, 20/04/26



Halal options
are available
every day

Allergens: Please note the allergens shown within
these menus are subject to change.

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



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday

Tuesday

Wednesday

Thursday

Friday

Jacket Potato Bar:
Chilli non-Carne
(So,G)
Cheesy Coleslaw
(Mk,E,So)
Beans and Cheese
(Mk)

Slow Cooked Chicken
Crispy Tacos with
Cheese
(Mk)

Beef, Leek and Eat
Curious Puff Pastry
Pie Served with Gravy
(G)

Honey and Barbeque
Glazed Chicken

Fish Fingers
(G,F)

Jacket Potato Bar:
Chilli non-Carne
(So,G)
Cheesy Coleslaw
(Mk,E,So)
Beans and Cheese
(Mk)

Slow Cooked
Vegetable Crispy
Tacos
with Cheese
(Mk)i

Roast Winter Root
Vegetable & Kale Filo
Parcel
(G)

Honey and Barbeque
Roasted Vegetables
with Cannellini Beans

Leek and Cheddar
Frittata
(G,Mk,E)

Top up your meal from
our Salad Bar

Mixed Vegetables

Steamed Cabbage

Sliced Carrots

Green Beans

Roasted Parsnips

Steamed Broccoli

Sweetcorn

Baked Waffle Fries

Roasted New
Potatoes

Wholegrain and
White Rice

Chips

Fruit Platter,
Fruity Jelly
Or Yoghurt (Mk, So)

Cinnamon Shortbread

Fruit Platter,
Fruity Jelly
Or Yoghurt (Mk, So)

Sugar Free Brownie
(G,Mk,E)

Vanilla Ice Cream
Scoop
(Mk)

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



**JANUARY
LEEKS**

**FEBRUARY
PARSNIPS**



**MARCH
KALE**

**APRIL
NEW
POTATOES**



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



Dates

W/C 12/01/26, 02/02/26,
02/03/26, 23/03/26, 27/04/26



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So = Soya
Su = Sulphur Dioxide

Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Macaroni and Cheese
(G,Mk)

Mild Chicken
Korma Curry
(Mk)

Roast Chicken Thigh,
Served with Yorkshire
Pudding and Gravy
(G,Mk,E)

Pepperoni Pizza
(G,Mk,E,Mu,So)

Battered Pollock with
Lemon Wedge
(G,F)

Veggie
MEAT FREE

Penne Pasta with Kale
Pesto, Spinach and
Grated Parmesan
(G,E,Mk)

Mild Eat Curious and
Vegetable Curry
(Mk)

Vegetable and Bean
Cottage Pie served
with Onion Gravy
(So)

Margherita Pizza
(G,Mk,E)

Barbecue Falafel and
Sweetcorn Pitta
(G)

veg
EXTRA GOOD

Steamed Seasonal
Greens

Roasted Carrots

Sweetcorn with
Peppers

Classic Coleslaw
(E)

Garden Peas

Cauliflower

Green Beans

Honey Glazed
Parsnips

Broccoli

Baked Beans

carbs
FUEL FOOD

Garlic Focaccia
(G)

White and Wholegrain
Rice

Roasted New
Potatoes

Seasoned Wedges

Chips

Dessert
SOMETHING SWEET

Fruit Platter,
Fruity Jelly
Or Yoghurt (Mk, So)

Sugar Free
Banana Cake
(G,E, Mk)

Fruit Platter,
Fruity Jelly
Or Yoghurt (Mk, So)

Glazed Carrot Cake

Fruit Platter
Fruity Jelly
Yoghurt (Mk,So)

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

Dates

19/01/26, 09/02/26, 09/03/26,
13/04/26



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every day

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