

Menu

Week 1



THE FRESH LITTLE
ALL^{OT}MENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BETROOT

JULY
MINT

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Pasta Bar (G)
Vegan Bolognese
Tomato sauce
Nut free Basil Pesto
(Mk,So)



Tex-Mex Pizza
(G,Mk)

Chicken Sausage
Rolls with Gravy
(G,E,Su)

Chicken Curry
(Mk,So)



Breaded Pollock
(G,F)
or
Salmon Fishcake
(G,F)

Veggie
MEAT FREE

Pasta Bar (G)
Vegan Bolognese
Tomato sauce
Nut free Basil Pesto
(Mk,So)



Margherita Pizza
(G,Mk)



Vegan Mince
Sausage Roll with
Gravy
(G,so)

Chickpea Curry
(Mk,So)



Vegetable Fingers
(G)

veg
EXTRA GOOD

Sweetcorn

Olives

Coleslaw
(Se)

Leek and Cabbage

Butternut Squash

Cauliflower

Sweetcorn

Peas

Baked beans

carbs
FUEL FOOD

Focaccia
(G)

Potato Wedges

New Potatoes



50/50 Rice



Chips

Dessert
SOMETHING SWEET

Fresh Fruit Platter

Basil Lemon and
Ginger Shortbread
(G)



Fruit or Jelly

Peach Crumble
(G)

Fruit or Jelly or
Yoghurt
(Mk,So)

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

WC 13th April. 4th May, 1st
June, 22nd June, 13th July

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

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Macaroni and Cheese
(G,Mk,So)



Lamb and Eat Curious Tacos
(Mk)

Moroccan Style Chicken
(G)

Jacket Potato Bar:
Chicken Sausage (G,Su)
Baked Beans
Pepperoni and Cheese (Mk,Mu,So)

Fish Fingers
(G,F)

Veggie

MEAT FREE

Macaroni and Cheese
(G,Mk,So)



Vegan Mince and Eat Curious Tacos
(Mk)

Moroccan Vegan Plantballs
(G,So)

Jacket Potato Bar:
Baked Beans and Cheese (Mk)
Margherita Topping (Mk)

Cheesy Beans and Sweetcorn Quesadilla
(G,Mk)

veg

EXTRA GOOD

Choose from our delicious Salad Bar

Broccoli

Butternut Squash

Coleslaw

Peas

Buffalo Beans

Green Beans

Sweetcorn

Baked beans

carbs

FUEL FOOD

Beetroot Focaccia
(G)



Mexican Rice

New Potatoes

Parsley and Mint Focaccia (G)

Chips

Basmati rice



Dessert

SOMETHING SWEET

Fresh Fruit Platter

Pineapple and Raspberry Cake
(G,E,Mk)

Fruit Jelly

Flapjack
(G)

Fruit or Jelly
Yoghurt
(Mk,So)

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

WC 20th April, 11th May, 8th June, 29th June

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Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide



Menu

Week 3



THE FRESH LITTLE
ALL^{OT}MENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BETROOT

JULY
MINT

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Wholemeal penne
Pasta with Basil and
Tomato Sauce
(G)



Lamb Keema Pitta
(G,Mk,So)



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

Beef and Eat Curious
Moussaka
(G,Mk)



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

Veggie

MEAT FREE

Plant Balls
in Tomato Sauce
(So)



Pita Pockets with
Chickpeas and
(G,Mk,So)



Lentil And
Vegetable Pastie
with Gravy
(G)

Green Lentil
Moussaka
(G,Mk)



Vegetable Fingers
(G)

veg

EXTRA GOOD

Choose from our
delicious salad bar

Tomato and Onion
Salad
(Su)

Roasted Carrots

Greek Green Beans

Peas

Green Beans

Carrot Batons

Baked beans

Broccoli

carbs

FUEL FOOD

Wholemeal Penne
(G)

Sweet Potato
Roasties

Roast New
Potato

Garlic Focaccia
(G)

Chips

Dessert

SOMETHING SWEET

Fresh Fruit Platter

Apple Cake
(G,E)

Fruit or Jelly

Oat and Orange
Cookie
(G,E)

Fruit or Jelly
Yoghurt
(Mk)

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

WC 27th April, 18th May, 15th
June, 6th July

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

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide