

Menu

Week 1



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

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



Tex-Mex Pizza (G,Mk)

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

Chicken Curry



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

Veggie
MEAT FREE

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



Margherita Pizza (G,Mk)



Vegan Mince Sausage Roll with Gravy (G,so)

Chickpea Curry



Vegetable Fingers (G)

veg
EXTRA GOOD

Sweetcorn

Coleslaw

Leek and Cabbage

Cauliflower

Peas

Olives

Butternut Squash

Sweetcorn

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



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

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 2



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

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BETROOT

JULY
MINT

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Macaroni and Cheese
(G,Mk,So)



Lamb and Eat
Curious Tacos
Cheese Optional
(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

Summer Vegetable
Risotto



Vegan Mince and
Eat Curious Tacos
(So)
Cheese Optional
(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

Fruit Jelly

Flapjack
(G)

Fruit or Jelly or
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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MENU

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Basil and Tomato Sauce

Lamb Keema
Pitta
(G)

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

Savory Beef Mince
Casserole
(Ce)

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



Veggie

MEAT FREE

Plant Balls
in Tomato Sauce
(So)

Pita Pockets with
Chickpeas
(G)

Lentil And
Vegetable Paste
with Gravy
(G)

Lentil Shepherds Pie
(Ce,Mk)

Vegetable Fingers
(G)



veg

EXTRA GOOD

Choose from our
delicious salad bar

Tomato and Onion
Salad

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

Mash Potato
(G)

Chips

Dessert

SOMETHING SWEET

Fresh Fruit Platter

Apple Cake

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

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G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide