

Week 1

# MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Minced beef pie with shortcrust pastry <b>(G,Mk,Ce)</b>	Vegetarian cottage pie <b>(Ce,G,Mk,So)</b>	Roast chicken and roast gravy	Macaroni cheese <b>(Mk,G,Ce,Su)</b>	Breaded fish fingers <b>(G,F)</b>
<b>VEGGIE</b> MEAT FREE	Margherita pizza <b>(G,So,Mk)</b>	<b>Vegan</b> Sweet potato curry	Lentil roast with veggie gravy <b>(Mu,G,Ce)</b>	<b>Vegan</b> Ratatouille, Chunky vegetables with tomato	Gnocchi with tomato sauce and mozzarella <b>(G,So,Mk,E)</b>
<b>VEG</b> EXTRA GOOD	Sweetcorn Courgettes	Roasted carrots Broccoli	Steamed cabbage Cauliflower	Green beans Carrots	Baked beans Garden peas
<b>CARBS</b> FUEL FOOD	Seasoned wedges	Steamed Rice	Roast potatoes	Garlic bread <b>(G,So,Mk)</b>	Baked oven chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit Natural yogurt	Sugar-free Banana cake <b>(Mk,E,G)</b>	Fresh fruit Natural yogurt	Warm chocolate brownie <b>(Mk,E,G)</b>	Fresh fruit Natural yogurt

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



## Dates

3dr Jan, 24th Jan and 14th Feb

## Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide

Week 2

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Red tractor penne bolognaise <b>(G,Mk,So)</b>	Vegetable hot pot with sliced potato topping	Roast Turkey, stuffing and roast gravy <b>(G)</b>	Peri Peri sweet potato steaks <b>(Su,E,G)</b>	Breaded fish fillet <b>(G,F)</b>
<b>VEGGIE</b> MEAT FREE	<b>Vegan</b> Mushroom & Sweetcorn filo pie <b>(G)</b>	Soya Mince and lentil Bolognaise <b>(So,G)</b>	Potato, cheese and onion puff pastry pie <b>(G,Mk,E)</b>	<b>Vegan</b> Nut Free Pesto and Spinach penne <b>(G)</b>	Cheddar Cheese and Leek Tart <b>(G,Mk,E)</b>
<b>VEG</b> EXTRA GOOD	Sweetcorn Broccoli	Garden Peas Cauliflower	Carrots Courgettes	Sweetcorn Brppcoli	Baked Beans Garden peas
<b>CARBS</b> FUEL FOOD	Penne pasta <b>(G)</b>	Steamed new potatoes	Roast potatoes	Savoury rice with peppers	Baked Oven chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit Natural yogurt	Sugar free spiced carrot cake with orange cream cheese <b>(G,Mk,C)</b>	Fresh fruit Natural yogurt	Banana and toffee crumble with custard <b>(G,Su,Mk)</b>	Fresh fruit Natural yogurt

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**JANUARY OATS**  
20th - Hungry Caterpillar Day

**FEBRUARY EGGS**

**MARCH BULGUR WHEAT**  
3rd - World Book Day

**APRIL PUMPKIN SEEDS**  
22nd - St. George's Day

Dates

10th Jan and 31st Jan

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Week 3

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Beef burger in a bun (G,Se)	Vegetarian Wellington with onion gravy (G,Su,Ce)	Pork sausages (Su,E)	Tomato and penne pasta bake with cheesy top (G,Mk)	Breaded fish fingers (G,F)
<b>VEGGIE</b> MEAT FREE	Veggie burger in a bun (G,Se,E)	<b>Vegan</b> Wholemeal fusilli With basil and tomato sauce (G)	Veggie sausages (Su,E)	<b>Vegan</b> Cajun vegetable jambalaya (Ce,Su,Mu)	Cheese and onion sausage roll (G,Mk,E)
<b>VEG</b> EXTRA GOOD	Chef's salad  Baked beans	Sweetcorn  Courgettes	Peas  Cauliflower	Leeks  Carrots	Baked beans  Garden peas
<b>CARBS</b> FUEL FOOD	Seasoned baked wedges	Baby new potatoes	Creamy mash	Penne (G) Rice	Baked oven chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit Natural yogurt	Beetroot & chocolate cake (G,Mk,E)	Fresh fruit Natural yogurt	Sticky toffee pudding with toffee sauce (G,E,Mk)	Fresh fruit Natural yogurt

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Dates

17<sup>th</sup> Jan and 7<sup>th</sup> Feb

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containing Gluten

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