

WEEK 1

w/c 17th April, 8th May, 5th
June, 26th June

MENU

Eat the
Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Turkey, pepper and bean wrap (G)	Penne pasta in tomato basil sauce (G)	Chicken and sweetcorn pie (G)	Sweet and sour Quorn pieces with pineapple (G,E)	Fish Fingers (G, F)
Veggie MEAT FREE	Veggie and tomato rice wrap (G, Mk)	Omelette with potatoes and peas (E, Mk)	Quorn Roast (E)	Vegetable stir-fry noodles (G, E)	Home made veggie burger
veg EXTRA GOOD	Sweetcorn Garden peas	Broccoli Lemon carrots	Cauliflower Green bean	Garlic roasted Chinese greens	Peas Baked bean
Carbs FUEL FOOD	Diced baked potatoes	Garlic breads (G, Mk, So)	Creamy mashed potato (Mk)	Rice	Chips
Dessert SOMETHING SWEET	Yoghurt (Mk, So)	Reduced sugar coconut carrot slices (G, E, Mk)	Fresh fruit	Chocolate brownie (G, E, Mk)	Yoghurt (Mk, So)

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

Orange
APRIL
24th - St George's Day

Yellow
May
18th - Circus Day

Green
June
26th - Wimbledon

Purple
JULY
4th - Independence Day

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



WEEK 2

w/c 24th April, 15th May,
12th June, 3rd July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Turkey chilli con
carne

Mac n' cheese
(G, Mk)

Cottage pie
(Ce, Mk)

Pesto pasta
(G, Mk)

Fish fingers
(G, F)

Veggie
MEAT FREE

Vegetarian chilli con
carne
(Ce)

Roasted vegetable
and basil wholemeal
pasta bake
(G)

Veggie cottage pie
(Ce, Mk)

Mild veggie and
Quorn curry
(E)

Spring onion,
cheese and tomato
quiche
(G, Mk, E)

veg
EXTRA GOOD

Sweetcorn
Roasted courgettes

Broccoli
Leeks

Carrots
Green bean

Roasted cauliflower

Peas
Baked bean

Carbs
FUEL FOOD

Steamed rice

Garlic bread
(G, Mk, So)

Mashed potatoes
(Mk)

Rice

Chips

Dessert
SOMETHING SWEET

Yoghurt
(Mk, So)

Golden syrup
steamed sponge
(G, E, Mk)

Fresh fruit

Orange and poppy
seed cake
(G, E, Mk)

Yoghurt
(Mk, So)

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

Orange
APRIL
24th - St George's Day

Yellow
MAY
18th - Circus Day

Green
JUNE
26th - Wimbledon

Purple
JULY
4th - Independence Day

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WEEK 3

w/c 1st May, 22nd May, 19th
June, 10th July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Italian beef
spaghetti bake
(G, Mk)

Quorn sausage with
gravy
(G)

Meat balls in
tomato sauce

Margherita focaccia
pizza
(G, Mk, E)

Fish fingers
(G,F)

Veggie
MEAT FREE

Veggie mince
spaghetti bake
(G, Mk, So)

Veggie sausages
with gravy
(So)

Cheese, leek and
butternut squash
pie
(G, Mk)

Vegetable focaccia
pizza
(G, Mk, E)

Cheese and onion
turnover
(Mk, E, G)

veg
EXTRA GOOD

Sweetcorn
Chef's salad

Green bean
Diced swede

Cabbage
Carrots

Sweetcorn and
peppers
Coleslaw (E)

Peas
Baked bean

Carbs
FUEL FOOD

Garlic bread
(G, Mk, So)

Creamy mashed
potato
(Mk)

Penne pasta
(G)

Wedges

Chips

Dessert
SOMETHING SWEET

Yoghurt
(Mk, So)

Frosted ginger cake
(G, E, Mk)

Fresh fruit

Chocolate mousse
(Mk)

Yoghurt
(Mk, So)

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

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