

Week 1

MENU



Vegan

mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS
HAPPY TUMS

Chicken Tikka Masala

Tomato, mozzarella
and basil focaccia
(G, Mk)

Roast turkey
in gravy

Macaroni
cheese
(Mk, G)

Breaded cod fish
fingers
(G, F)

VEGGIE
MEAT FREE

Spinach sweet potato
and lentil Dahl
(G)



Cajun vegetable
jambalaya with
roasted pineapple
(Mu, Ce)



Roast Vegetarian loaf
(E, Mk)



Five bean Chilli
(E, Ce, G)



Penne pasta with
grated courgette and
Tomato sauce
(G)



VEG
EXTRA GOOD

Roasted Cauliflower

Courgettes

Roasted carrots

Broccoli

Steamed cabbage

Steamed carrots

Green beans

Roasted butternut
squash

Baked beans

Garden peas

CARBS
FUEL FOOD

Pilau Rice

Potato Wedges

Roast potatoes

Mexican rice
(Ce)
Garlic bread
(G, So, Mk)

Oven baked
chips

DESSERT
SOMETHING SWEET

Natural yogurt
(Mk, So)
Fresh fruit

Sugar free
orange and poppy
seed drizzle cake
(Mk, E, G)

Natural yogurt
(Mk, So)
Fresh fruit

Raisin and
banana cookie
(G, E, Mk)
Fresh fruit

Natural yoghurt
(Mk, So)
Fresh fruit

Homemade bread, salad bar, cold desserts and fresh fruit are available daily

APRIL
PUMPKIN SEEDS
22nd - St George's Day

MAY
RICE
19th - Pirate's & Mermaid's Day

JUNE
LEAFY GREENS
20th - 24th Teddy Bears' Picnic

JULY
COUS-COUS

Dates

Week Commencing:
13th June, 4th July

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

MENU



 Vegan

mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

HAPPY TUMS

Jamaican Jerk Spiced
Chicken

Vegetable lasagne
(Mk, G)


Beef sausages
(G, Su)


Potato, cheese and onion
puff pastry pie
(G, Mk, E)


Breaded
fish fillet
(G,F)


VEGGIE


MEAT FREE

Butternut squash and
lentil stew 

Penne Pasta with
green pesto and
spinach 
(G, Mk)

Quorn sausages
(G, E ,Mk) 

Soya Mince and lentil
Bolognese 
(So, G)

Mixed vegetables
and stir fry
noodles 
(So, G, E)

VEG

EXTRA GOOD

Cauliflower

Sweetcorn

Carrots

Broccoli

Baked Beans

Courgette

Green beans

Garden peas

Leeks

Garden peas

CARBS

FUEL FOOD

Rice

Garlic bread
(G, So,Mk)

Creamy mush
potatoes
(Mk)

Penne pasta (G)

Oven baked
chips

DESSERT

SOMETHING SWEET

Natural yoghurt
(Mk, So)
Fresh fruit

Pineapple upside
down cake
(G, Mk, E)
Fresh fruit

Natural yoghurt
(Mk, So)
Fresh fruit

Mixed Berry Flapjack
(G, Mk)
Fresh fruit

Natural yoghurt
(Mk, So)
Fresh fruit

Homemade bread, salad bar, cold desserts and fresh fruit are available daily

Dates

Week Commencing:
20th June and 11th July

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 3

MENU



 Vegan

mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

HAPPY TUMS

Pepperoni pizza
(G, Mk)

Roasted mixed pepper,
wholemeal quiche
(Mk, E, G)

Roast Chicken

Spanish frittata with
onion, spinach and
cheddar
(Mk, E)

Breaded fish fingers
(G, F)

VEGGIE

MEAT FREE

Lentil vegetable pie
(G)



Vegetable Biryani



Quorn Fillets
(G, E)



Veggie burger
in a bun
(G, Se)



Vegetarian sausage
roll (G, Mk, E)



VEG

EXTRA GOOD

Peas

Garden peas

Roasted
Mediterranean
vegetable,
Steamed Cabbage

Chef's salad

Baked beans

Cauliflower

Carrots

Sweetcorn

Garden peas

CARBS

FUEL FOOD

Wedges

Rice

Roast potatoes

Seasoned
baked wedges

Oven baked
chips

DESSERT

SOMETHING SWEET

Natural yoghurt
(Mk, So)
Fresh fruit

Chocolate and vanilla
marble cake
(Mk, E, G)
Fresh fruit

Natural yoghurt
(Mk, So)
Fresh fruit

Baked Blueberry
cheesecake
(G, Mk, E)
Fresh fruit

Natural yoghurt
(Mk, So)
Fresh fruit

Homemade bread, salad bar, cold desserts and fresh fruit are available daily

Dates

Week Commencing:
27th June and 18th July

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

