

WEEK 1

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mexican Chicken
with Mixed Beans
(Mu)

Roast Chicken with
Stuffing & Gravy
(G)

Omega 3 Fish Fingers
(F,G)

Veggie
MEAT FREE

Mac and Cheese
(G,Mk)

Mozzarella and
Tomato toasted
Wrap
(G,Mk)

Veggie Sausages
and Gravy
(So)

Mild Chinese
Vegetable Curry
(G,So,Mu)

Homemade Veggie
Burger with Tomato
Relish in a toasted
Bun
(G,Su,Ce)

veg
EXTRA GOOD

Steamed Broccoli

Sweetcorn

Green Beans

Peas

Carrots

Peas

Roast Butternut
Squash

Carrots

Baked Beans

Carbs
FUEL FOOD

Garlic Bread
(G)

Savoury Rice

Tortilla Wraps
(G)

Roast Potatoes

Steamed Rice

Baked
Oven Chips

Dessert
SOMETHING SWEET

Strawberry Jelly

Flavoured Yoghurt
(Mk)

Chocolate Sponge
Cake
(G)

Fruit Jelly

Rice Pudding with
Blueberry Coulis
(G,Mk)

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

Red
September

Orange
OCTOBER
Black History Month
31st - Halloween

Yellow
November
Diwali

White
December
Christmas Lunches

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

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Wholemeal Pasta
Carbonara
(G,Mk)

Roast Gammon with
Gravy **(none)**
Sage and Onion
Stuffing
(G)

Omega 3 Fish Fingers
(F,G)

Veggie
MEAT FREE

Savoury Veggie
Mince Mexican chilli
(So)

Wholemeal Pasta
Arrabiata
(G)

Vegetable Puff Pastry
Tart
(G,Mk)

Mild lentil,
cauliflower and
broccoli curry
(Mu)

Singapore
Vegetable Stir Fry
(G,So)

veg
EXTRA GOOD

Cauliflower and
Broccoli

Broccoli
Peas

Peas and cabbage

Carrots

Peas
Baked Beans

Carbs
FUEL FOOD

Fluffy rice
(G)

Garlic Focaccia
(G)

Roast Potatoes

Garlic Focaccia
(G)

Baked
Oven Chips

Dessert
SOMETHING SWEET

Fruit Platter

Orange jelly

Chocolate Brownie
(G)

Strawberry Jelly

Cookie
(G)

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WEEK 3

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Butchers Pork
Sausage Meatballs
with Gravy
(G,Su)

Roast Turkey
Stuffing and Roast
Gravy
(G)

Omega 3 Fish Cakes
(G,F)

Veggie
MEAT FREE

Veggie Mince
Bolognaise with
Wholemeal Pasta
(G,So)

Vegan Sausage with
Gravy
(So)

Cheese, Leek and
Butternut Squash Pie
(Mk)

Sweet Chilli Tofu
with Mixed Peppers
(G)

Halloumi & Grilled
Vegetable Wrap
(Mk,G)

veg
EXTRA GOOD

Sweetcorn

Cauliflower

Cabbage

Green Beans

Peas

Broccoli

Peas

Carrots

Baked Beans

Carbs
FUEL FOOD

Garlic Bread
(G)

Mashed Potato
(Mk)

Roast Potatoes

Fragrant Jasmine
Rice

Chips

Dessert
SOMETHING SWEET

Lime jelly

Flavoured Yoghurt
(Mk)

Coconut and Oat
Cookies
(G)

Raspberry Jelly

Pear Crumble and
Custard
(G,Mk)

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WEEK 4

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Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

BBQ Sticky Chicken
(G,Su,So,Ce)

Roast Pork with
Gravy

Omega 3 Fish Cakes
(G,F)

Veggie
MEAT FREE

Homemade Veggie
Burger with Ketchup
in a Burger Bun
(G,Ce,Su)

BBQ Tofu
(So)

Potato and
Vegetable
Wellington
with Gravy
(G,So)

Wholemeal Pasta
with Hidden
Vegetable Tomato
Sauce
(G,Ce)

Margarita
Pitta Pizza
(G,Mk)

veg
EXTRA GOOD

Sweetcorn

Green beans

Carrots

Green Beans

Peas

Crudites

Baked Beans

Cabbage

Baked Beans

Carbs
FUEL FOOD

Baked
Sweet Potato
Wedges

Sweet Potato
Wedges

Roast Potatoes
(Mk)

Garlic Bread
(G)

Chips

Dessert
SOMETHING SWEET

Fruit Platter

Raspberry Coconut
Sponge
(Mk,G)

Fruit Jelly

Flapjack
(G,Su)

Marble Cake
(G)

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