

WEEK 1

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Roast Chicken with  
Stuffing and Gravy  
(G)

Mild Chinese style  
Chicken Curry  
(G,So,Mu)

Fish Fingers (G,F)

**Veggie**  
MEAT FREE

Mac and Cheese with  
Crunchy Top  
(G, Mk)

Roasted Quorn  
(E)

Veggie Sausages  
and Gravy  
(So)

Mild Chinese  
Vegetable Curry  
(G,So,Mu)

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

**veg**  
EXTRA GOOD

Steamed Broccoli  
Cauliflower

Sweetcorn  
Carrots

Green Beans  
Leeks

Courgettes

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Garlic Focaccia  
(G)

Crispy Roast  
Potatoes

Creamy  
Mashed Potato  
(Mk)

Steamed Rice

Baked  
Oven Chips

**Dessert**  
SOMETHING SWEET

Fruit Platter

Yoghurt with Fruity  
Coulis  
(Mk)

Strawberry Jelly

Banana Bread  
(G,E)

Jam Tart  
(G,E)

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

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

Oven Baked Lasagne  
topped with  
Mozzarella Cheese  
(**G,Mk,E**)

Fish Cake  
(**G,F**)

**Veggie**  
MEAT FREE

Savoury Veggie  
Mince  
(**So**)

Spring Onion,  
Cheddar Cheese and  
Tomato Quiche  
(**G,Mk,E**)

Veggie Hot Dog with  
Roasted Onions and  
Ketchup  
(**G,Se**)

Roasted Veggie  
Lasagne with  
Mozzarella Cheese  
(**G,Mk,E**)

Cheese & Tomato  
Omelette  
**E,Mk**)

**veg**  
EXTRA GOOD

Cauliflower  
Carrots

Carrots  
Cabbage

Green Beans

Broccoli

Peas

Baked Beans

Baked Beans

**Carbs**  
FUEL FOOD

Mashed Potato  
(**Mk**)

Roast Potatoes

Potato Wedges

Garlic Focaccia  
(**G**)

Baked  
Oven Chips

**Dessert**  
SOMETHING SWEET

Strawberry Jelly

Sliced Fruit Salads

Chocolate Brownie  
(**G,E**)

Sultana Flapjack  
(**G,Su**)

Orange Jelly

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

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WEEK 3

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Roast Turkey  
Stuffing and Roast  
Gravy  
(G)

Creamy  
Chicken Pie  
(G,Mk,E)

Fish Fingers (G,F)

**Veggie**  
MEAT FREE

Veggie Mince  
Bolognaise  
Wholemeal Pasta  
Bake  
(G,So,Mk)

Cheese, Leek and  
Butternut Squash Pie  
(G,Mk)

Quorn Stir Fry with  
Peppers  
(G,Mk,E,So)

Creamy  
Mushroom Pie  
(G,Mk,E)

Cheese and  
Onion Omelette  
(Mk,E)

**veg**  
EXTRA GOOD

Sweetcorn  
Peppers

Cabbage  
Carrots

Green Beans  
Leeks

Cauliflower  
Broccoli

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Garlic focaccia  
(G)

Roast Potatoes

Steamed Rice

Mashed potato  
(Mk)

Chips

**Dessert**  
SOMETHING SWEET

Fruit Platter

Greek Yoghurt with  
Diced Fruit  
(Mk)

Orange Jelly

Lemon Blondie  
(G,E)

Oat Cookies  
(G)

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

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WEEK 4

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**Mains**  
HAPPY TUMS

Roast pork  
with Gravy

Spaghetti  
Bolognaise  
(G)

Fish Cakes  
(F,G)

**Veggie**  
MEAT FREE

Mixed Bean in a Rich  
Tomato Sauce

Potato and  
Vegetable  
Wellington  
with Gravy  
(G,So,E)

Mushroom and  
Sweetcorn Cheesy  
Wholemeal Pasta  
Bake  
(G,Mk)

Veggie Spaghetti  
Bolognaise  
(G,So)

Vegetable, Bean and  
Potato Croquette  
(G,E,Mk)

**veg**  
EXTRA GOOD

Sweetcorn

Carrots

Broccoli

Crudites

Peas

Cauliflower

Courgettes

Leeks

Rainbow Coleslaw  
(E)

Baked Beans

**Carbs**  
FUEL FOOD

Wholemeal Pasta  
(G)

Crispy home roast  
potatoes

Garlic Focaccia  
(G)

Diced Herby  
Potatoes

Baked Oven Chips

**Dessert**  
SOMETHING SWEET

Fruit Platter

Strawberry Jelly

Jam Roly Poly  
and Custard  
(G,E)

Fruit Jelly

Sticky  
Toffee Pudding  
(G,Su,E)

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

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