

WEEK 1

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Turkey, Pepper
and Bean Wrap
(G,Mk)

Roast Chicken,
Stuffing & Gravy
(G)

Fish Fingers (G,F)

Veggie
MEAT FREE

Quorn with Mac
and Cheese
(G,So,Mk,E)

Mozzarella and
Tomato toasted
Wrap
(G,Mk)

Veggie Sausages
and Gravy
(G,Ce)

Mild Chinese
Vegetable Curry
(G,So,Mu)

Nutfree Wholemeal
Pesto Pasta
(G)

veg
EXTRA GOOD

Steamed Broccoli

Sweetcorn

Green Beans

Cauliflower

Peas

Cauliflower

Leeks

Courgettes

Baked Beans

Carbs
FUEL FOOD

Garlic Focaccia
(G)

Savoury Rice

Crispy Roast
Potatoes

Steamed Rice

Baked
Oven Chips

Dessert
SOMETHING SWEET

Orange jelly

Chocolate
Sponge Cake
(G,E)

Yoghurt with Fruity
Coulis
(Mk)

Banana Tea Bread
(G,E)

Fruit salad

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

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

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

Fish Cake
(G,F)

Veggie
MEAT FREE

Savoury Veggie
Mince
(So)

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

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

Mild lentil, broccoli
and cauliflower curry
(Mu)

Singapore
Vegetable Stir Fry
(G,Su,So,E)

veg
EXTRA GOOD

Cauliflower

Green beans

Carrots

Crudites

Peas

Broccoli

Baked Beans

Cabbage

Roasted Cauliflower

Baked Beans

Carbs
FUEL FOOD

Mashed Potato
(Mk)

Potato Wedges

Roast Potatoes

Garlic Focaccia
(G)

Baked
Oven Chips

Dessert
SOMETHING SWEET

Orange Jelly

Chocolate Brownie
(G,E)

Sliced Fruit Platter

Sultana Flapjack
(G,Su)

Lime 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

Chicken Stir Fry
with Peppers
(G,So,Mu,Ce)

Roast Turkey
Stuffing and Roast
Gravy
(G,Mk,E)

Fish Fingers (G,F)

Veggie
MEAT FREE

Veggie Mince
Bolognese with
Wholemeal Pasta
(G,So,Mk)

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

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

Creamy
Mushroom Pie
(G,Mk)

Cheese and
Onion Omelette
(Mk,E)

veg
EXTRA GOOD

Sweetcorn

Green Beans

Cabbage

Cauliflower

Peas

Peppers

Carrots

Broccoli

Baked Beans

Carbs
FUEL FOOD

Garlic Focaccia
(G)

Steamed Rice

Roast Potatoes

Mashed potato
(Mk)

Chips

Dessert
SOMETHING SWEET

Strawberry Jelly

Cornflake Tart
and custard
(G,E)

Greek Yoghurt with
Diced Fruit
(Mk)

Lemon Blondie
(G,E,Su)

Fruit Platter

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WEEK 4

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Mains
HAPPY TUMS

Cheesy tuna and
sweetcorn sauce
(G,Mk,F)

Roast pork with
Gravy

Fish Cake
(G,F)

Veggie
MEAT FREE

Chinese vegetable
stir-fry
(G,So)

Mushroom and
Sweetcorn Cheese
(G,Mk)

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

Veggie Spaghetti
Bolognaise
(G,So)

Cheese & Tomato
Omelette
(Mk,E)

veg
EXTRA GOOD

Sweetcorn

Broccoli

Carrots

Peas

Carrots

Courgettes

Cabbage

Crudites

Baked Beans

Carbs
FUEL FOOD

Egg noodles
(E,G)

Wholemeal pasta
(G)
Garlic Focaccia
(G)

Crispy home roast
potatoes

Diced Herby
Potatoes

Chips

Dessert
SOMETHING SWEET

Flavoured yoghurt
(Mk)

Jamaican
Ginger Cake
(G,E)

Strawberry Jelly

Pear and
Chocolate Crumble
with Custard
(G)

Fruit Platter

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