

# menu

## week 1



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

## Mains

HAPPY TUMS

Monday      Tuesday      Wednesday      Thursday      Friday

Vegan Sausage & Onion Gravy (G)

Sticky BBQ Chicken

Roast Leg of Pork, Apple Sauce & Gravy

Mild Beef Chilli Con Carne (G)

Mild Crispy Chicken Katsu Curry (G,E)

## veggie

MEAT FREE MAINS

Sticky BBQ Vegan Pieces

Seasonal Vegetable & Lentil Wellington (G,E)

Veggie Smoky Chilli

Mild Crispy Tofu Katsu Curry (G,E,So)

## veg

EXTRA GOOD

Green Beans  
Glazed Carrots

Steamed Broccoli  
Sweetcorn

Steamed Carrots  
Glazed Cabbage

Cauliflower  
Broccoli

Garden Peas  
Sweetcorn

## carbs

FUEL FOOD

Mash Potatoes

Steamed White Rice

Skin On Roasties

Steamed Rice

Oven Baked Potato Wedges

## Dessert

SOMETHING SWEET

Strawberry Yogurt (Mk)

Selection of Sliced Fruit

Low Sugar Pear & Fruits of the Forest Cake (G,E)

Selection of Sliced Fruits

Low Sugar Chocolate Sponge and Chocolate Custard (G,E,Mk)

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

Look for this logo on the menu to try a yummy seasonal special!

## Dates

05/01/26, 26/01/26,  
23/02/26, 16/03/26

## 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

# menu

## week 2



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Gnocchi with Ratatouille  
(G,E,Mk,So,Mu)

Beef Bolognaise & Pasta  
(G)

Lemon & Herb Roast Chicken, Sage & Onion Stuffing & Gravy  
(G)

Mexican Beef Tacos, Sour Cream & Grated Cheddar  
(Mk)

Homemade Pizza  
(G,Mk)

## veggie

MEAT FREE MAINS

Leek & Cheddar Quiche  
(G,E,Mk)

Courgette, Pepper, Carrot Fritters  
(G,E,Mk)

Buffalo Bean Tacos, Sour Cream & Grated Cheddar  
(Mk)

Sweet Potato & Carrot Falafel  
(G,Su)

## veg

EXTRA GOOD

Sweetcorn  
Steamed Broccoli

Garden Peas  
Roasted Cauliflower

Sautéed Greens  
Glazed Carrots

Garden Peas  
Baked Beans  
Crudites

## carbs

FUEL FOOD

Homemade Herb Bread  
(G)

Roast New Potatoes

Steamed Rice

## Dessert

SOMETHING SWEET

Selection of Sliced Fruits

Strawberry Yogurt  
(Mk)

Apple & Berry Crumble with Custard  
(G,Mk)

Spiced Pear Cake  
(G,E,Mk)

Selection of Fruit

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## Dates

12/01/26, 02/02/26,  
02/03/26, 23/03/26

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

## Allergens

# menu

## Week 3



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

**Mains**  
HAPPY TUMS

**veggie**  
MEAT FREE MAINS

**veg**  
EXTRA GOOD

**carbs**  
FUEL FOOD

**Dessert**  
SOMETHING SWEET

Monday

Tuesday

Wednesday

Thursday

Friday

Shepherdess Pie with  
Sweet Potato  
(Ce,E,Mk)

Beef & Lentil Ragout  
(G)

Honey Roast Gammon  
& Gravy

Chicken & Vegetable  
Stew

Breaded Fish Fingers  
(G,f)

Butternut Squash &  
Leek Cheesy Risotto  
(Mk)

Bean & Chickpea Patty

Roasted Vegetable &  
Cannellini Bean Stew  
(Ce)

Fishless Fingers  
(G,So)

Sweetcorn  
Steamed Broccoli

Glazed Carrots  
Steamed Cauliflower

Steamed Swede  
Green Beans

Sliced carrots  
Steamed Parsnips

Garden Peas  
Baked Beans

Penne pasta  
(G)

Skin On Roast Potatoes

Steamed Rice

Baked Oven Chips

Selection of Sliced Fruits

Low Sugar Peaches &  
Custard  
(Mk)

Strawberry Yogurt  
(Mk)

Chocolate Marble Cake  
(G,E,Mk)

Selection of Fruit

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the dish specially chosen  
by our nutritionist!

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yummy seasonal special!

### Dates

19/01/26, 09/02/26,  
09/03/26

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

### Allergens