

Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED



Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

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)
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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)
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veg

EXTRA GOOD

Green Beans Glazed Carrots	Steamed Broccoli Sweetcorn	Steamed Carrots Glazed Cabbage	Cauliflower Broccoli	Garden Peas Sweetcorn
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carbs

FUEL FOOD

Mash Potatoes	Steamed White Rice	Skin On Roasties	Steamed Rice	Oven Baked Potato Wedges
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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)
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JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

 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	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide



Menu

Week 2



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

Monday Tuesday Wednesday Thursday Friday



Mains

HAPPY TUMS

Gnocchi with Ratatouille (G,E,Mk,So,Mu)	Beef Bolognese & Pasta (G)	Lemon & Herb Roast Chicken, Sage & Onion Stuffing & Gravy (G)	Mexican Beef Tacos, Sour Cream & Grated Cheddar (Mk)	Homemade Pizza (G,Mk)
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veggie

MEAT FREE MAINS

	Leek & Cheddar Quiche (G,E,Mk) 	Courgette, Pepper, Carrot Fritters (G,E,Mk)	<div>Buffalo Bean Tacos, Sour Cream & Grated Cheddar (Mk) </div>	Sweet Potato & Carrot Falafel (G,Su)
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veg

EXTRA GOOD

Sweetcorn Steamed Broccoli	Garden Peas Roasted Cauliflower	Sauteed Greens Glazed Carrots	Smoky Roast Corn Steamed Green Beans	Garden Peas Baked Beans Crudites
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carbs

FUEL FOOD

	Homemade Herb Bread (G)	Roast New Potatoes	Steamed Rice	
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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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**JANUARY
LEEKS**

**FEBRUARY
PARSNIPS**

**MARCH
KALE**

**APRIL
NEW
POTATOES**

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Dates

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

Allergens

Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide

Menu

Week 3



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

Monday Tuesday Wednesday Thursday Friday

Mains

HAPPY TUMS

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

Beef & Lentil Ragout
(G)

Honey Roast Gammon
& Gravy

Chicken & Vegetable
Stew

Breaded Fish Fingers
(G,f)

veggie

MEAT FREE MAINS

Butternut Squash &
Leek Cheesy Risotto
(Mk)

Bean & Chickpea Patty

Roasted Vegetable &
Cannellini Bean Stew
(Ce)

Fishless Fingers
(G,So)

veg

EXTRA GOOD

Sweetcorn
Steamed Broccoli

Glazed Carrots
Steamed Cauliflower

Steamed Swede
Green Beans

Sliced carrots
Steamed Parsnips

Garden Peas
Baked Beans

carbs

FUEL FOOD

Penne pasta
(G)

Skin On Roast Potatoes

Steamed Rice

Baked Oven Chips

Dessert

SOMETHING SWEET

Selection of Sliced Fruits

Low Sugar Peaches &
Custard
(Mk)

Strawberry Yogurt
(Mk)

Chocolate Marble Cake
(G,E,Mk)

Selection of Fruit



JANUARY
LEEKS

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES

Find Sophie's Star to enjoy
the dish specially chosen
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the menu to try a
yummy seasonal special!

Dates

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

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