MENU
week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Ham & Peas Pasta Bake **(G,Mk)**	Chicken & Sweetcorn Pie **(G,Mk)**	Roast Beef with Sage & Onion Stuffing and Rich Gravy **(G)**	Sausage & Leek Risotto **(G,Su,Mk)**	Fish Fingers **(G,F)**
	Cream of Courgette Pasta **(G)**	Sweet Chilli Eat Curious, Halloumi with Pitta **(G,Mk)**	Cheese Broccoli, Potato & Pea Pasty **(G,Mk)**	Butternut Squash, Leek & Cheese Risotto **(Mk)**	Vegan Cumberland Sausage **(G)**
Veg EXTRA GOOD	Steamed Carrots	Steamed Broccoli	Roast Parsnips	Sweetcorn	Garden Peas
	Roasted Cauliflower	Roast Peppers	Garden Peas	Steamed Carrots	Homemade Baked Beans
Carbs FUEL FOOD	Garlic Bread **(G)**	Potato Focaccia **(G)**	Roast Potatoes	Homemade Bread **(G)**	Oven Baked Chips
Dessert SOMETHING SWEET	Low Sugar Vegan Jelly Pot	Yogurt & Coulis **(Mk)**	Apple & Raspberry Fool Pots **(Mk)**	Low Sugar Apple Flapjack **(G)**	Mixed Berry Cheesecake Pots **(G,Mk)**

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL
NEW POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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
13/04/26, 04/05/26, 25/05/26, 15/06/26, 06/07/26

Allergens: *Please note the allergens shown within these menus are subject to change.*

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	**Seasons Favourite Green Summer Vegetables Risotto with Borlotti Beans**	Authentic Chicken & Chorizo Paella	Cumberland Sausage Meatballs with Sage & Onion Stuffing & Rich Gravy **(G,Su)**	Mexican Mild Beef Chilli Con Carne with Vegan Sour Cream,	Homemade Fish Cake **(G,F)**
		Authentic Vegetable Paella	Cauliflower Cheese **(Mk)**	**(VE)** Plant Rich Chilli Sin Carne with Pico de Gallo & Plant Based Sour Cream	Vegan Fishless Finger **(G)**
Veg EXTRA GOOD	Sliced Carrots	Garden Peas	Roasted Parsnips	Steamed Broccoli	Mushy Peas
	Steamed Cauliflower	Steamed Broccoli	Roasted Carrots	Sweetcorn	Homemade Baked Beans
Carbs FUEL FOOD	Garlic Focaccia (G)		Mash Potatoes	Mexican Tomato Rice **(Ce)**	Oven Baked Chips
Dessert SOMETHING SWEET	Apple Crumble with Custard **(G,Mk)**	Yogurt & Chocolate Marble Cake **(G,Mk)**	Strawberry & Coconut Milk Rice Pudding Pots	Carrot Cake **(G)**	Blueberry & Lemon Cheesecake Pots **(G,Mk)**

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MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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Dates
20/04/26, 11/05/26, 01/06/26, 22/06/26

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MENU
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains HAPPY TUMS	Curried Cauliflower with Tarka Dahl (G)	Traditional Beef Bolognaise with Pasta, Basil & Parmesan (G,Mk)	BBQ Roat Pork with Stuffing & Gravy (G)	Chicken Fajita (G)	Oven Baked Fish Finger with Vegan Chunky Tartare Sauce (G,F)
		Aubergine Parmigiana (G,Mk)	Accent Signature "Squashage" Roll (G,Mk)	Veggie Fajita (G)	Vegan Cumberland Sausage (G)
Veg EXTRA GOOD	Garden Peas	Sweetcorn	Roasted Peppers	Sweetcorn	Garden Peas
	Sliced Carrot	Cauliflower	Broccoli	Steamed Green Beans	Homemade Baked Beans
Carbs FUEL FOOD	Steamed Rice	Garlic Basil Focaccia (G)	Roast New Potatoes	Baked Potato Wedges	Oven Baked Chips
Dessert SOMETHING SWEET	Blueberry Muffin (G)	Pear & Rice Pudding Pots with Chocolate Sauce	Yogurt & Coulis (Mk)	Low Sugar & Vegan Strawberry Jelly Pots	Peach Melba & Cream Crumble Pots (G,Mk)

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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

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Dates
27/04/26, 18/05/26, 08/06/26, 29/06/26

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