

Menu

Week 1



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!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Sausage Meatballs in Tomato Sauce (G,Su)

Moroccan Chicken Tagine with Aubergine & Apricot (G,Su)

Honey Roast Gammon with Sage & Onion Stuffing & Rich Gravy (G)

Mexican Chilli Con Carne, Grated Cheese & Tortilla Chips (Mk)

Katsu Chicken with Mild Curry Sauce (G,E,So)

Vegan Cumberland Sausage Slices in Tomato Sauce (G)

Seasons Favourite Minty Courgette & Aubergine Tagine with Chickpeas (G,Su)

Seasonal Vegetable & Lentil Wellington (G,E)

Sticky BBQ Vegan Pieces with Roasted Peppers & Onions

Mild Crispy Vegetable Curry (G,E,So)

veg
EXTRA GOOD

Glazed Carrots

Steamed Broccoli

Steamed Green Beans

Broccoli

Garden Peas

Garden Peas

Sweetcorn

Sliced Carrots

Cauliflower

Baked Beans

carbs
FUEL FOOD

Penne Pasta (G)

Seasons Favourite Cous Cous (G,Mu,So)

Skin on Roasted Potatoes

Steamed Rice

Oven Baked Potato Wedges

Dessert
SOMETHING SWEET

White Chocolate Chip & Raspberry Cookie (G,E,Mk,So)

Strawberry Yogurt (Mk)

Lemon & Thyme Cake (G,E)

Vegan Sugar Free Fruit Jelly Pots

Chocolate Cake with Chocolate Orange Frosting (G,E,Mk)

Dates

13/04/26, 04/05/26,
01/06/26, 22/06/26

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



THE FRESH LITTLE ALLOTMENT
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APRIL NEW POTATOES

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Mains
HAPPY TUMS

Chicken Sausage with Ratatouille (G,Su)	Eat Curious, Pork, Garlic & Thyme Protein Packed Platt (G,Su)	Roast Norfolk Turkey with Cranberry Stuffing & Gravy (G)	Traditional Beef Bolognese with Basil & Parmesan (Mk)	Seasons Favourite Margherita Tomato & Basil Focaccia Pizza (G,Mk)
Vegetable Sausage with Ratatouille (G)	Buffalo Bean & Vegetable Stew	Accent Signature "Squashage" Roll (G,E,Mk)	Chickpea & Roasted Summer Vegetable Lasagna (So)	Chunky Vegetable with Halloumi Filled Pitta (G,Mk)

veg
EXTRA GOOD

Steamed Broccoli	Cauliflower	Steamed Greens	Smoky Roasted Corn	Garden Peas
Sweetcorn	Garden Peas	Glazed Carrots	Steamed Green Beans	Baked Beans

carbs
FUEL FOOD

Penne Pasta (G)	Potato Wedges	Roast New Potatoes	Spaghetti (G)
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Dessert
SOMETHING SWEET

Messy Berry Pots with Greek Yogurt & Smashed Meringues (E,Mk)	Vegan Sugar Free Fruit Jelly Pots	Dorset Apple Cake (G,E,Mk)	Strawberry Yogurt (Mk)	Ice Cream (Mk)
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Dates

20/04/26, 11/05/26,
08/06/26, 29/06/26

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E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

MENU

Week 3



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APRIL NEW POTATOES

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Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild Chicken Balti with Peppers & Spinach



Rich Tomato & Basil Sauce & Penne Pasta

(G)



Butchers Select Cumberland Pork Sausages with Onion Gravy (G,Su)

Traditional Beef Lasagne with a Cheesy Crust (G,E,MK)

Breaded Fish Finger (G,F)

Mild Vegetable Balti with Peppers & Spinach

Creamy Cheese Sauce with Penne Pasta (G,MK)

Bean & Chickpea Patty with Gravy

Veggie Mince Bolognese with Penne Pasta (G)

Vegan Fishless Finger (G)

veg
EXTRA GOOD

Broccoli

Steamed Cauliflower

Steamed Swede

Sliced Carrots

Garden Peas

Steamed Sweetcorn

Glazed Carrots

Baked Beans

Sweetcorn

Baked Beans

carbs
FUEL FOOD

Steamed Rice

Basil Bread

(G)



Mashed Potatoes

Herb Bread (G)

Oven Baked Chips

Dessert
SOMETHING SWEET

Summer Berry Eton Mess Pots (E,MK)

Strawberry Yogurt (MK)

Chocolate Marble Cake (G,E)

Vegan Sugar Free Fruit Jelly Pots

Lemon Drizzle Cake (G,E)

Dates

27/04/26, 18/05/26,
15/06/26, 06/07/26

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Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide