

WEEK 1

01/01-29/01-26/02-25/03

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Spaghetti
bolognaise
(G)

Honey & BBQ
glazed chicken

Roast turkey and
gravy
Sage and onion
stuffing balls (G)

Chicken and
sweetcorn puff
pastry pie
(G)

Battered pollock,
lemons & tartare
sauce (G,Su,F)

Veggie
MEAT FREE

Macaroni
cheese
(G,Mu,Mk)

Honey & BBQ
glazed grilled
vegetables

Butternut squash
and cherry tomato
crumble
(G,Mk)

Creamy
vegetable pot pie
(G,Mk)

Cheese, tomato
and roasted onion
quiche
(G,Mk,E)

veg
EXTRA GOOD

Chef's salad

Sweetcorn

Carrots

Cauliflower

Garden peas

Broccoli

Steamed cabbage

Green beans

Baked beans

Carbs
FUEL FOOD

Garlic bread
(G,Mk,So)

Savoury Rice

Roast potatoes

Fluffy mash
potato (Mk)

Chips

Dessert
SOMETHING SWEET

Pear and apple
crumble with
custard
(G,Mk)

Chocolate
marble cake
(G)

Rice pudding with
strawberry jam
(Su,Mk)

Carrot cake
(G)

Chocolate chip
brownie
(G)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
JANUARY

18th - Hungry Caterpillar Day

Purple
FEBRUARY

9th - Chinese New Year

Red
MARCH

7th - World Book Day
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

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

08/01-05/02-04/03

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Cowboy sausage
casserole
(G,Su)

Cottage pie with
crunchy sweet
potato mash
(Su,So,Mk,Ce)

Roast chicken and
gravy
Sage and onion
stuffing balls (G)

Ham and
pineapple focaccia
pizza
(G,Mk,E)

Fish finger hot
dogs (G,Se,F,E)

Veggie
MEAT FREE

Cowboy veggie
sausage casserole
(G,Ce)

Veggie cottage pie
with crunchy
sweet potato
mash
(Su,So,Mk,Ce)

Hidden veggie
sausage rolls
(G,E)

Margherita
focaccia pizza
(G,Mk,E)

Spinach and
mozzarella
cannelloni bake
(G,So,Mu,Mk,E,Ce)

veg
EXTRA GOOD

Green beans

Steamed broccoli

Steamed cabbage

Classic coleslaw
(Su,Mu,E)

Garden peas

Sweetcorn

Roast swede

Roasted carrots
and parsnips

Chef's Salad

Baked beans

Carbs
FUEL FOOD

Wholegrain
steamed rice

Roasted new
potatoes

Baked potato
wedges

Chips

Dessert
SOMETHING SWEET

Sultana and oat
cookie tray bake
(G)

Lemon curd
sponge
with custard
(G,Mk,)

Coconut carrot
slices - reduced
sugar
(G)

Blueberry and
orange tray bake
pancake
(G,Mk,E)

Upside down
banana and
caramel sponge
(G)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - St George's Day

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WEEK 3

15/01-12/02-11/03

MENU

Eat the
Rainbow

Mains
HAPPY TUMS

Monday

Mexican beef chilli
con carne with
crushed nachos
and
sour cream (Mk)

Tuesday

Creamy chicken
korma curry
(Mu,Mk)

Wednesday

Roast pork, gravy
and apple sauce

Sage and onion
stuffing balls
(G)

Thursday

Beef and
mozzarella
Quesadilla
(G,Mk,E)

Friday

Battered pollock,
lemons & tartare
sauce
(G,Su,F,E)

Veggie
MEAT FREE

Mexican chilli
con veggie (G)
with crushed
nachos
and sour cream
(Mk)

Potato and chick
pea southern
Indian curry
(So,Mk)

Cheesy leek and
carrot crumble
(G)

Roasted vegetable
and mozzarella
pancake bake
(G,Mk,E)

Cheese and onion
puff pastry patty
(G,So,Mk,E)

veg
EXTRA GOOD

Sweetcorn and
peppers

Roast carrots

Braised red
Cabbage

Italian marinated
coleslaw (Su)

Garden peas

Cauliflower

Green beans

Leeks

Chef's salad

Baked beans

Carbs
FUEL FOOD

Steamed rice

Bombay potatoes
or
Turmeric rice

Roasted potatoes

Accent garlic
focaccia fingers
(G,Mk)

Chips

Dessert
SOMETHING SWEET

Oaty apple
crumble
with custard
(G,Mk)

Anzac biscuit
(G,Su)

Chocolate sponge
with chocolate
sauce
(G,Mk,E)

Baked vanilla
cheesecake with
forest fruits
(G,Mk,E)

Lemon
drizzle cake
(G,E)

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WEEK 4

22/01-19/02-18/03

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Lemon chicken
noodle stir fry
(G,So,E)

Butchers pork
sausages, gravy and
onions
(G,Su)

Roast chicken and
gravy
Sage and onion
stuffing (G)

Cheeseburger
pasta bake
(G,Mk)

Fish finger hot dogs
(G,Se,F,E)

Veggie
MEAT FREE

Sweet and sour
vegetable stir fry
(G,So)

Veggie sausages,
gravy and onions
(G,Ce)

Cauliflower
cheese topped
veggie cottage pie
(G,Su,So,Mk,Ce)

Meat free
cheeseburger pasta
bake
(G,Mk)

Butternut squash
and spinach
samosas
(G)

veg
EXTRA GOOD

Soy and ginger
roasted greens
(G,So)

Baked beans
Broccoli

Steamed leeks
Roast carrots

Coleslaw (E)
Chef's Salad

Garden peas
Baked beans

Carbs
FUEL FOOD

Egg fried rice
(G,So,E)

Creamy mash
potato (Mk)

Roasted new
potatoes

Chips

Dessert
SOMETHING SWEET

Upside down
pineapple cake with
custard
(G,Su,Mk,E)

Apple and
sultana flapjacks
(G)

Carrot cake with
cream cheese
frosting
(G,Mk,E)

Sticky toffee
pudding and custard
(G,Su,Mk,E)

White chocolate
chip
and raspberry
cookies
(G,So,Mk,E)

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