

Menu

Week 1



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MON

TUES

WED

THU

FRI

Mains

HAPPY TUMS

Pepperoni pizza
(G,M,kE)

Chicken Balti with
peppers and spinach

Roast chicken breast
with sage and onion
stuffing and pan gravy
(G)

Italian lasagne with
minced beef ragout
and mozzarella crust
(G,Mk)

Breaded cod fish
fingers
(G,Mk,E,F)
Fresh tartare sauce
(E,Su)
and lemon wedges

Veggie

MEAT FREE

Tomato and
mozzarella pizza
(G,E,Mk)

Homemade pea and
potato samosa
curry sauce and raita
(G,Mu,Mk)

Cream cheese,
red onion and spinach
pasta bake
(G,Mk)

Roasted winter
vegetable lasagne
(G,Mk)

Vegan
Chick pea and corn
burger with a mango
and lime salsa
(G,Se)

veg

EXTRA GOOD

Coleslaw (Mk)
Baked Beans

Sweetcorn
Bombay vegetables

Roasted carrots
Cabbage

Broccoli
Green beans

Garden peas
Baked beans

Carbs

FILLING

Spicy potato wedges
(Mu)

Steamed rice

Roast potatoes

Focaccia fingers
(G)

Baked oven chips

Dessert

SOMETHING SWEET

Orchard crumble
with custard
(G,Mk)

Eccles cake tray bake
with cream
(G,Su,So,Se,Mk,L)

Chocolate sponge
with chocolate custard
(G,E,So,Mk)

Lemon and
lime drizzle cake
(G,E,Mk)

Fruit flapjack
(G,Mk,Su)

MARCH
SPINACH

11th - World Book Day

APRIL
NEW
POTATOES

23rd - St. George's Day

MAY
BASIL

5th - Europe Day

JUNE
BEETROOT

7th - 11th Environment Week

JULY
MINT

7th - Wimbledon Day

Dates

19th April, 10th May,
7th June, 28th June

Allergens

Ce = Celery

F = Fish

L = Lupin

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

Menu

Week 2



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains

HAPPY TUMS

Veggie

MEAT FREE

veg

EXTRA GOOD

Carbs

FILLING

Dessert

SOMETHING SWEET

MON

TUES

WED

THU

FRI

Spicy chicken tacos,
sour cream, grated
cheese guacamole
and salad
(Mk,G)

Southern chicken
(E,Mk,G,Su)

Roast gammon
apple sauce

Pork butchers sausages
with gluten free gravy
(G,Su)

Breaded cod fish
fingers
(G,Mk,E,F)
Fresh tartare sauce
(E,Su)
and lemon wedges

Spicy vegetable tacos
sour cream, grated
cheese guacamole
and salad
(Mk,G)

Vegan
Sausage rolls
(G,So)

Oven baked gnocchi
with tomato,
mozzarella and pesto
(G,So,Mk,E)

Vegetarian sausages
(G,Ce)
or
Quorn sausage
(E,G,Mk)

Spring vegetable
quiche
(G,E,Mk)

Rainbow slaw **(Mu)**
Peas

Baked beans
Sweetcorn

Steamed broccoli
Carrots

Fried onions
Sweetcorn

Garden peas
Baked beans

Mexican tomato rice
(Ce,G)

Spicy wedges
(Mu)

Roasted potatoes

Creamy
mashed potato
(Mk)

Baked oven chips

Apple upside down
cake with custard
(G,E,Mk)

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

Sticky toffee pudding
with toffee sauce
(G,Su,Mk,E)

Steamed chocolate
chip pudding with
chocolate sauce
(G,Mk,E,So)

Ice cream
(Mk)

MARCH
SPINACH

11th - World Book Day

APRIL
NEW
POTATOES

23rd - St. George's Day

MAY
BASIL

5th - Europe Day

JUNE
BEETROOT

7th - 11th Environment Week

JULY
MINT

7th - Wimbledon Day

Allergens

Ce = Celery

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Mu = Mustard

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Cr = Crustacean

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containing Gluten

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Dates

26th April, 17th May,
14th June, 5th July

Menu

Week 3



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MON

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Classic beef burger served in a sesame seed bun mayonnaise, shredded iceberg, fried onions, ketchup
(G,Su,Se,E,Ce)

Chicken Tikka masala mango chutney, Raita and Naan bread
(G,Mk,Mu)

Roast Norfolk turkey with apricot stuffing cranberry sauce and gravy
(G,Su,So,Se,Mk)

Bolognese beef pasta bake with creamy cheddar topping
(G,Mk)

Breaded cod fish fingers
(G,Mk,E,F)
Fresh tartare sauce
(E,Su)
and lemon wedges

Veggie
MEAT FREE

Falafel burger served in a brioche bun
(G,Su,E,Mk)
mayonnaise, shredded iceberg, fried onions, ketchup

Sweet potato, chickpea Tikka Masala mango chutney, Raita and Naan bread
(G,Mk,Mu)

Cherry tomato pesto and mozzarella puff pastry tart
(G,E,Mk)

Macaroni cheese with a crunchy topping
(G,Mk,So)

Mixed bean burrito with sweetcorn
(G,Mk,Mu)

veg
EXTRA GOOD

Broccoli
Chefs mixed salad

Stir fry veg
Sweetcorn

Spring greens
Carrots

Sweetcorn
Green beans

Garden peas
Baked beans

Carbs
FILLING

Spicy potato wedges
(Mu)

Steamed rice

Thyme roast potatoes

Garlic bread
(G,Mk)

Baked oven chips

Dessert
SOMETHING SWEET

Lemon pudding with custard
(G,E,Mk)

Marble cake
(E,G,Mk,So)

Blueberry mess with shortbread finger
(G,Mk,E)

Steamed strawberry jam sponge pudding with custard
(G,E,Mk,Su)

Chocolate brownie
(G,E,Mk,So)

MARCH SPINACH

11th - World Book Day

APRIL NEW POTATOES

23rd - St. George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

7th - 11th Environment Week

JULY MINT

7th - Wimbledon Day

DATES

3rd May, 24th May, 21st June

Allergens

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

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