

WEEK 1

4<sup>th</sup>, 25<sup>th</sup> September, 16<sup>th</sup> October  
20<sup>th</sup> November 11<sup>th</sup> December

# MENU



Eat the **Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Sausages and Gravy  
(G,Su)

Pepperoni Pizza  
(G E Mk)

Roast Chicken Stuffing and Roast Gravy  
(G,Mk,E)

Chicken with Mac and Cheese  
(G,Mu,Mk)

Fish Fingers (G,F)

**Veggie**  
MEAT FREE

Veggie Sausages and Gravy  
(G,Ce)

Mozzarella and Tomato Pizza  
(G Mk E)

Cheese, Leek and Butternut Squash Pie  
(G,Mk)

Quorn with Mac and Cheese  
(G,Mu,Mk,E)

Cheese and Tomato Puff Pastry Slice  
(E,Mk,G)

**veg**  
EXTRA GOOD

Green Beans

Sweetcorn

Cabbage and Carrots

Steamed Broccoli

Peas

Baked Beans

**Carbs**  
FUEL FOOD

Creamy Mashed Potato  
(Mk)

Potato Wedges

Roast Potatoes

Garlic Bread  
(G,So,Mk)

Baked Oven Chips

**Dessert**  
SOMETHING SWEET

Baked Lemon Pudding with Custard  
(G,Mk,E)

Chocolate Sponge Cake  
(G,Mk,E)

Rice Pudding  
(Mk)

Banana Tea Bread  
(G,Mk,E)

Jam Tart  
(G,Mk,E)

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

**Red**  
September

**Orange**  
October

Black History Month  
31st - Halloween

**Yellow**  
November  
Diwali

**White**  
December  
Christmas Lunches

## 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

11<sup>th</sup> September, 2<sup>nd</sup> October  
6<sup>th</sup>, 27<sup>th</sup> November

# MENU



Eat the **Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Beef Bolognaise

BBQ Sticky Chicken  
with BBQ Beans  
**(G,Su,So,Ce)**

Roast Gammon with  
Gravy **(none)**  
Sage and Onion  
Stuffing  
**(G,Mk,E)**

Oven Baked Lasagne  
topped with  
Mozzarella Cheese  
**(G,Mk,E)**

Fish Fingers **(G,F)**  
or  
Baked Fish Fillet  
**(G,F)**

**Veggie**  
MEAT FREE

Savoury Veggie  
Mince Bolognaise  
**(So)**

Veggie Hot Dog Roll  
with Roasted Onions  
and Ketchup  
**(G,Su,So,Se)**

Potato and  
Vegetable  
Wellington  
**(G E)**

Roasted Veggie  
Lasagne with  
Mozzarella Cheese  
**(G,Mk,E)**

Spring Onion,  
Cheddar Cheese and  
Tomato Quiche  
**(G,Mk,E)**

**veg**  
EXTRA GOOD

Broccoli  
Peas

Green beans  
BBQ Beans  
**(G,Su,So,Ce)**

Carrots and cabbage

Chef's Salad

Peas

Baked Beans

**Carbs**  
FUEL FOOD

Spaghetti  
**(G)**

Potato Wedges

Roast Potatoes

Garlic Bread  
**(G So Mk)**

Baked  
Oven Chips

**Dessert**  
SOMETHING SWEET

Raspberry and  
Coconut steamed  
Sponge and Custard  
**(G,Mk,E)**

Chocolate Brownie  
**(G,Mk,E)**

Apple Crumble  
and Custard  
**(G,Mk)**

Jamaican  
Ginger Cake  
**(G,Mk,E)**

Sultana and  
Cranberry Flapjack  
**(G)**

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

**Red**  
September

**Orange**  
OCTOBER  
Black History Month  
31st - Halloween

**Yellow**  
November  
Diwali

**White**  
December  
Christmas Lunches

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WEEK 3

18<sup>th</sup> September, 9<sup>th</sup> October  
13<sup>th</sup> November, 4<sup>th</sup> December

# MENU



## Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Mild Chinese Style  
Chicken Curry  
**(G,So,Mu)**

Beef Burger with  
Salad and Ketchup in  
a Burger Bun  
**(G,Se)**

**Roast Turkey  
Stuffing and Roast  
Gravy**

Creamy  
Chicken Pie  
**(G,Mk)**

Fish Fingers **(G,F)**  
or  
Baked Fish Fillet  
**(G,F)**

**Veggie**  
MEAT FREE

Mild Chinese  
Vegetable Curry  
**(G,So,Mu)**

Veggie Burger with  
Salad and Ketchup in  
a Burger Bun  
**(G,Se,E)**

Potato Gnocchi  
With Tomato Sause  
**(G,Mk)**

Creamy  
Mushroom Pie  
**(G,Mk)**

Spanish Frittata  
Potato Onion and  
Spinach  
**(Mk,E)**

**veg**  
EXTRA GOOD

Broccoli

Sweetcorn

Cabbage and Carrots

Cauliflower

Peas

Baked Beans

**Carbs**  
FUEL FOOD

Steamed Rice

Potato Wedges

Roast Potatoes

Mashed potato  
**(Mk)**

Chips

**Dessert**  
SOMETHING SWEET

Pear and  
Chocolate Crumble  
with Custard  
**(G,So,Mk)**

Jamaican  
Ginger Cake  
**(G,Mk,E)**

Banoffee Pie  
**(G,So,Mk)**

Lemon Blondie  
**(G,E)**

Chocolate  
Chip Oat Cookies  
**(G,So,Mk,E)**

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

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**Orange**  
October  
Black History Month  
31st - Halloween

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November  
Diwali

**White**  
December  
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