

WEEK 1

4th, 25th September, 16th October
20th November 11th 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

11th September, 2nd October
6th, 27th 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.

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Black History Month
31st - Halloween

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WEEK 3

18th September, 9th October
13th November, 4th 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 Sauce
(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)

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