

WEEK 1

4th Sept, 25th Sept, 16th
Oct, 6th Nov, 27th Nov

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Vegetable Wraps
in Tomato Sauce
(Mu,G,Mk)

Classic Beef Burger
(G,Su) with Cheese
(Mk)

Honey Roasted
Gammon
and gravy
(None)

Butter Chicken
(Mu)

Fish Finger (G,F)

Veggie
MEAT FREE

Mexican Rice
(None)
(Vegan)

Veggie Burger
(G)
(Vegan)

Roast Veggie Loaf
(G,So)
(Vegan)

Cauliflower Saag
(Mu)

Vegetable Finger
(G,Mu) (Vegan)

veg
EXTRA GOOD

Mixed Seasonal
Salad

Coleslaw (E)
Corn on the Cob

Carrots

Sweetcorn

Garden Peas

Baked Beans

Carbs
FUEL FOOD

Garlic Focaccia (G)

Mixed wedges

Roast Potatoes

Steamed Rice
(Mu)

Hand Cut Chips

Dessert
SOMETHING SWEET

Pineapple Upside
Down Cake
(G,E,Mk,Su)

Chocolate Sponge
with Butterscotch
Sauce (G,E,Mk)

Apple Crumble
(G) With Custard
(Mk)

Baked Blueberry
Cheesecake
(Mk,E,G)

Flapjack
(G)

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

Red
September

Orange
OCTOBER
Black History Month
31st - Halloween

Yellow
November
1st - Diwali

White
December
Christmas Market

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 Sept, 2nd Oct, 13th
Nov, 4th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Margherita
Focaccia Pizza
(G,Mk)

Thai Chicken
(None)

Sausage Roll
(G,Su)

Turkey Stroganoff
(Mk,G,Su)

Fish Finger (G,F)

Veggie
MEAT FREE

Vegetable Biryani
(Mu)
(Vegan)

Vegetable
Noodles
(G,E)

Veggie Sausage
Roll (G,Su,So,Mu)
(Vegan)

Chunky Vegetable
with Halloumi
filled pitta (Mk,G)

Vegetable Finger
(G,Mu) (Vegan)

veg
EXTRA GOOD

Sweetcorn
Carrots

Broccoli
Sautéed cabbage

Mixed Vegetables

Roasted Carrots
Green Beans

Garden Peas
Baked Beans

Carbs
FUEL FOOD

Lightly Spiced
Potato Wedges

Steamed Rice

Creamy Mash

Red Rice

Hand Cut Chips

Dessert
SOMETHING SWEET

Cinnamon Sponge
with Apple Custard
(G,E,Mk)

Orange and
Ginger Biscuits
(G,Mk,E)

Steamed Jam &
Coconut Sponge
with Custard
(G,E,Mk,Su)

Chocolate Chip
pudding with
chocolate sauce
(So,E,Mk,G)

Gluten & Dairy
Free Brownie
(E)

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

Red
September

Orange
October
Black History Month
31st - Halloween

Yellow
November
1st - Diwali

White
December
Christmas Market

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WEEK 3

18th Sept, 9th Oct, 20th
Nov, 11th Dec

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Tomato, Chill &
Tuna (F) Penne(G)

Hot Dogs
(Su,G)

Roast Turkey with
gravy (None) and
homemade
stuffing (G,Mk)

Caribbean Chicken
Stew
(None)

Fish Finger (G,F)

Veggie
MEAT FREE

Macaroni Cheese
(G,Mk)

Frankfurter
(G,So,Mu)
(Vegan)

Beetroot and
Squash Wellington
(G)
(Vegan)

Jerk Spiced Sweet
Potato (None)
(Vegan)

Vegetable Finger
(G,Mu) (Vegan)

veg
EXTRA GOOD

Green Beans

Coleslaw (E)

Carrots

Sweetcorn

Garden Peas

Cauliflower

Baked Beans

Carbs
FUEL FOOD

Focaccia (G)

Potato Wedges

Roast Potatoes

Rice

Hand Cut Chips

Dessert
SOMETHING SWEET

Banoffee Pie
(G,Mk)

Chocolate Marble
Cake (E,Mk,G)

Sticky Toffee
Pudding
(E,G,Mk)

Carrot Cake with
Cream Cheese
Frosting (E,G,Mk)

Nutless Bakewell
Tart (E,Mk,G,Su)

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

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Black History Month
31st - Halloween

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Christmas Market

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