

WEEK 1

W/C 2.1.23, 30.1.23,
27.2.23, 27.3.23

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Piri Piri Chicken
(E,Su,Ce)

Chicken Sausages,
Roasted Tomato
Sauce
(G,Su,Mk,Mu)

Beef Chilli Con Carne
with Sour Cream
(Mu,Ce,Mk)

Sweet and sour
chicken
(G,SO,MU,E,CE)

Battered Fish (G,F)

Chicken Hotdog
(G,Mk,Su)

Veggie
MEAT FREE

Piri Piri vegetables
(E,Su,Ce)

Veggie Sausages,
Roasted Tomato
Sauce
(Mk,Su,So,Mu)

Vegetable Chilli with
Sour Cream
(Ce,Mk)

Authentic Vegetable
Biryani
(G,Mu,Mk)

Homemade Vegetable
Samosa with Curry
Sauce
(G,Mu,Mk)

veg
EXTRA GOOD

Green Beans
or Coleslaw

Seasonal Cabbage

Sweetcorn and
Roasted Peppers

Roasted Cumin
Cauliflower
or Onion Salad
(Su)

Garden Peas
or Baked Beans

Carbs
FUEL FOOD

Rice

Cajun Potatoes
(Mu)

Mexican rice
(Mu)

Noodles
or Rice
(G)

Baked oven chips

Dessert
SOMETHING SWEET

Chocolate Chip
Sponge & Custard
(G,So,Mk,E)

Toffee Drizzle
Flapjacks
(G,Mk,E)

Raspberry Jam Sponge
(G,Mk,E)

Pancake Bar
(G,Mk,E)

Apple Crumble and
Custard
(G,Mk)

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

Green

JANUARY

19th - Outer Space Day

Purple

FEBRUARY

21st - Pancake Day

Red

MARCH

6th - World Book Day

Orange

APRIL

24th - 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

Mulberry
Wood Wharf Primary



WEEK 2

W/C 9.1.23, 6.2.23, 6.3.23

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken Burger in a Bun with BBQ Sauce (G,Su,Mk)

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

Roast Chicken with Stuffing and Gravy (G)

Mexican Chicken with Tortilla (G,Mu)

Battered Fish (G,F)
Signature Jumbo Sausage Roll (G,Su,E)

Veggie

MEAT FREE

Veggie Burger in a Bun with BBQ Sauce (G,Su)

Roasted Vegetable Lasagne topped with Mozzarella (G,So,Mk)

Vegetable Wellington (G, Mk)

Mexican Veggies with Tortilla (Ce,G,Mu)

Cheese & Tomato Turnover (G,Mk,E)

veg

EXTRA GOOD

Rainbow Slaw (E)

Green Beans or Chef's Salad

Carrots and Broccoli

Sweetcorn

Garden Peas or Baked Beans

Carbs

FUEL FOOD

Potato wedges

Garlic bread (G,So,Mk)

Roast new potatoes

Rice

Baked oven chips

Dessert

SOMETHING SWEET

Lemon Blondie (G,E)

Dorset Traybake (G,Mk,E)

Double Chocolate Sponge with Chocolate Sauce (G,So,Mk,E)

Apple & Berry Crumble with Custard (G,So,Mk)

Banoffee Pie (G,So,Mk)

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

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WEEK 3

W/C 16.1.23, 13.2.23, 13.3.23

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Cajun Chicken served with Spicy Tomato sauce
(Mu)

Sticky BBQ Sausages
(G,Su)

Italian Beef Bolognese Pasta Bake
(G,Mk)

Chicken Tikka Masala with Mango Chutney
(G)

Battered Fish (G,F)
Margherita Pizza
(G,So,Mk)

Veggie

MEAT FREE

Falafels with Spicy Tomato sauce
(G)

Sticky BBQ Quorn and Vegetables
(G,Su)

Macaroni Cheese with a Crunchy Topping
(G,So,Mk)

Vegetable Tikka Masala with Mango Chutney
(G)

Cheese & Onion Pattie
(G,So,Mk,E)

veg

EXTRA GOOD

Sweetcorn

Sweetcorn with Roasted Peppers

Green Beans or Chef's Salad

Roasted Cauliflower

Garden Peas or Baked Beans

Carbs

FUEL FOOD

Rice

Wedges

Garlic bread
(G,So,Mk)

Rice

Baked oven chips

Dessert

SOMETHING SWEET

Pear Crumble with Custard
(G,Mk)

Apple Filo Strudel
(G,Mk)

Jam & Coconut Sponge
(G,Mk,E)

Chocolate Cheesecake
(G,So,Mk)

Frosted Ginger Cake with Custard
(G,Mk,E)

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

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WEEK 4

W/C 23.1.23, 20.2.23, 20.3.23

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Turkey Chilli with Cheese & Sour cream (Mk)

Cottage Pie topped with Cheesy potatoes served with Gravy (G,Su,So,Mk,Ce)

Southern Baked Crispy Chicken with Gravy & Coleslaw (E,G,Mu,E)

Meatballs with Tomato and Basil Sauce (G)

Battered Fish (G,F) (G,Su,So,Mk)

Veggie

MEAT FREE

Veggie Chilli, with Cheese & Sour cream (G,So,Mk)

Veggie Cottage Pie with Cheesy Potatoes served with Gravy (G,Su;So;Mk,Ce)

Southern baked Sweet Potato Steaks with Gravy & Coleslaw (E,G,Mu,E)

Homemade Falafels in a Tomato Sauce (G,Su)

Cheesy Vegetable Enchilada

veg

EXTRA GOOD

Green Beans and Onions

Carrots

Sweetcorn

Cauliflower

Garden Peas or Baked Beans

Carbs

FUEL FOOD

Rice

Mixed Salad

Potato wedges

Cous Cous or Spaghetti/Penne Pasta (G)

Baked oven chips

Dessert

SOMETHING SWEET

Key lime pie (G,Mk)

Pineapple cake (G,Su,Mk,E)

Banana teabread (G,Mk,E)

Lemon drizzle (G,E)

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

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

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