

WEEK 1

4th Sept, 2nd Oct, 6th Nov  
4th Dec

Mulberry  
Wood Wharf Primary

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

House rubbed Jerk  
Chicken Mac and  
Cheese  
(G,Mu,Mk)

Mexican Turkey and  
Pepper Fajita with  
Floured  
Tortilla and Beans  
(G,Mu,Mk)

Butcher's Chicken  
Sausages served with  
Onion Gravy  
(G,Su)

Chinese Chicken  
Curry with Peas  
(G,So,Mu)

Fish Finger Bap  
(G,Su,Se,F,E)  
with Lemon Coleslaw  
(E)

**Veggie**  
MEAT FREE

Roasted Vegetable  
and Tomato Pasta  
(G)

Mozzarella and  
Tomato Quesadilla  
(G,Mk,Ce)

Veggie Sausages  
served  
with Onion Gravy  
(G,Ce)

Chinese Crunchy  
Vegetable Curry  
(G,So,Mu)

Homemade Veggie  
Burger with Tomato  
Relish in a Toasted  
Bun  
(G,So,Se,E)

**veg**  
EXTRA GOOD

Steamed Broccoli

Sweetcorn

Green Beans

Garlic Roasted  
Chinese Greens

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Garlic Bread  
(G,So,Mk)

Mexican Rice  
(Ce)

Crushed New  
Potatoes  
(Mk)

Steamed Rice

Chips

**Dessert**  
SOMETHING SWEET

Baked Citrus Pudding  
with Lemon Sauce  
(G,Mk,E)

Rocky Road  
(G,So,Mk)

Burnt Butterscotch  
Rice Pudding  
(Mk)

Banana Tea Bread  
(G,Mk,E)

Ice Cream  
(Mk)

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

**Red**  
September

**Orange**  
OCTOBER  
5th - Superhero Day  
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 Sept 9th Oct 13th Nov  
11th Dec

Mulberry  
Wood Wharf Primary

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Mexican Beef  
Chilli con Carne  
(Mu)

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

Roast Chicken with  
Gravy, Sage and Onion  
Stuffing  
(G, Mk, E)

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

Battered Pollock with  
Tartare Sauce and  
Lemon Wedge  
(G, Su, F, E)  
served with Chips and  
Peas

**Veggie**  
MEAT FREE

Vegetarian Chilli with  
Sour Cream  
(So, Mu, Ce)

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

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

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

Singapore Vegetable  
Stir Fry  
(G, Su, So, E)

**veg**  
EXTRA GOOD

Sweetcorn

Steamed Broccoli

Carrots and Green  
Beans

Chef's Salad

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Mashed Potato  
(Mk)

Potato Wedges

Roast Potatoes

Garlic Focaccia  
(G, Mk)

Baked  
Oven Chips

**Dessert**  
SOMETHING SWEET

Raspberry and  
Coconut Steamed  
Sponge and Custard  
(G, Mk, E)

Chocolate Brownie  
(G, E)

Apple Crumble and  
Custard  
(G, Mk)

Sultana and Cranberry  
Flapjack (G)

Bread and Butter  
Pudding  
(G, Su, So, Mk, E)

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

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September

**Orange**  
OCTOBER  
5th - Superhero Day  
31st - Halloween

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**White**  
December  
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WEEK 3

18th Sept, 16th Oct, 20th  
Nov 18th Dec

Mulberry  
Wood Wharf Primary

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Slow Cooked Beef  
Bolognese Pasta Bake  
(G,Mk)

Kung Pao Chicken  
Stir Fry with Peppers  
(G,So,Mu,Ce)

Creamy Turkey  
and Leek Pie  
(G,Mk,E)

Chicken Rogan Josh  
with Mango Chutney

Battered Pollock with  
Tartare Sauce and  
Lemon Wedge  
(G,Su,F,E)  
served with Chips and  
Peas

**Veggie**  
MEAT FREE

Veggie Mince  
Bolognese Pasta Bake  
(G,So,Mk)

Kung Pao Quorn  
Stir Fry with Peppers  
(G,So,Mu,E,Ce)

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

Vegetable Rogan Josh  
with Mango Chutney

Cheese and  
Onion Turnover  
(G,Mk,E)

**veg**  
EXTRA GOOD

Sweetcorn

Garlic Roasted  
Chinese Greens

Cabbage and Carrots

Roasted Aromatic  
Cauliflower  
(Mu)

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Garlic Bread

Egg Fried Rice

Roasted New Potatoes

Pilau Rice

Chips

**Dessert**  
SOMETHING SWEET

Eves Pudding  
(G,Mk,E)

Pineapple Upside  
Down Cake and  
Custard  
(G,Mk,E)

Banoffee Pie  
(G,So,Mk)

Lemon Blondie  
(G,E)

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

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

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November  
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WEEK 4

25th Sept, 30th Oct, 27th  
Nov

Mulberry  
Wood Wharf Primary

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

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

Tuna and Sweetcorn  
Cheesy Pasta Bake  
(G,Mk,F)

Creamy Chicken  
Tikka Curry  
(G,Mk)

Cajun Spiced Minced  
Beef Wrap with Rice  
and Beans  
(G,Mu,Mk)

Battered Pollock with  
Tartare Sauce and  
Lemon Wedge  
(G,Su,F,E)  
Battered Sausage  
(G,Su)

**Veggie**  
MEAT FREE

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

Mushroom and  
Sweetcorn Cheesy  
Pasta Bake  
(G,Mk)

Creamy Vegetable  
Tikka Curry  
(G,Mk)

Spiced Veggie Mince  
Wrap with Rice and  
Beans  
(G,So,Mu,Mk)

Margarita Pizza  
(G,So,Mk)

**veg**  
EXTRA GOOD

Sweetcorn

Broccoli

Caraway Carrots

Chef's Salad

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Baked Cajun Wedges  
(Mu)

Garlic Bread  
(G,So,Mk)

Turmeric Rice  
(Mk)

Cajun Roasted  
Potatoes  
(Mu)

Chips

**Dessert**  
SOMETHING SWEET

Shortbread Biscuit  
(G,Mk,E)

Jamaican Ginger Cake  
(G,Mk,E)

Jam & Coconut  
Sponge Custard  
(G,So,Mk,E)

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

Sticky Toffee Pudding  
(G,Su,Mk,E)

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

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