

WEEK 1

Week Commencing:
08/01/2024, 05/02/2024
and 11/03/2024

Mulberry
Wood Wharf Primary

MENU

Eat the
Rainbow

Mains
HAPPY TUMS

Monday

Kung Pao Chicken
Stir Fry with Peppers
Served with Egg
Noodles and Chinese
Roasted Greens
(G,Mu,So,Ce,E)

Tuesday

Chicken Tikka Masala
Served with Turmeric
Rice and Aromatic
Cauliflower
(None)

Wednesday

Mexican Chicken,
Peppers and Beans
Fajita Served with
Mexican Wholegrain
Rice and Sweetcorn
(G,Mu,Mk)

Thursday

Classic Italian Beef
Lasagne Served with
Garlic Bread and
Green Beans
(G,E,Mk,So)

Friday

Fish Finger Bap with
Lemon Coleslaw
(G,E,F,Mu)
or
Salmon Fishcakes
with Lemon Mayo
(G,E,F)
Served with Beans
and Peas

Veggie
MEAT FREE

Kung Pao
Quorn Stir Fry
Served with Egg
Noodles and Chinese
Roasted Greens
(G,Mu,So,Ce,E)

Veggie Chickpeas
Tikka Masala
Served with Turmeric
Rice and Aromatic
Cauliflower
(None)

Roast Veggie, Beans
and Cheese Quesadilla
Served with Mexican
Wholegrain Rice and
Sweetcorn
(G,Mu,Mk)

Mediterranean
Vegetables Lasagne
Served with Garlic
Bread and Green
Beans
(G,E,Mk,So)

Homemade Veggie
Burger with
Tomato Relish in a
Toasted Bun
(G,Su)
Served with Beans
and Peas

Dessert
SOMETHING SWEET

Apple Crumble with
Custard
(G,Mk)

Fruity Flapjack
(G,Su)

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

Banana Tea Bread
(G,Mk,E)

Winter Fruit Crumble
with Custard
(G,Mk)

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

Green
January

18th - Hungry Caterpillar Day

Purple
February

9th - Chinese New Year

Red
March

7th - World Book Day
15th - Red Nose Day

Orange
April

23rd - 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

WEEK 2

Week Commencing:
15/01/2024, 19/02/2024
and 18/03/2024

Mulberry
Wood Wharf Primary

MENU

Eat the
Rainbow

Mains
HAPPY TUMS

Veggie
MEAT FREE

Dessert
SOMETHING SWEET

Monday

BBQ Jamaican Jerk
Spiced Chicken
Served with
Wholegrain "Rice n'
Peas" and Roasted
Sweet Potatoes
(G,So,Se,Lu)

Jerk Spiced Quorn and
Vegetables
Served with
Wholegrain "Rice n'
Peas" and Roasted
Sweet Potatoes
(G,So,Se,Lu)

Banana and Apple
Crumble with Custard
(Mk,G)

Tuesday

Classic Beef
Burger in a Bap
Served with Oven
Baked Potato Wedges
and Steamed Broccoli
(G,Se,Su)

Veggie Hot Dog Roll
with Roasted Onions
and Ketchup
Served with Oven
Baked Potato Wedges
and Steamed Broccoli
(G,So)

Carrot Cake
(G,E)

Wednesday

Roast Chicken with
Gravy, Sage and Onion
Stuffing
Served with Crushed
New Potatoes, Carrots
and Green Beans
(G)

Margarita Pizza
With Chefs Salad
(G,So,Mk,E)

Pear Crumble
and Custard
(Mk,G)

Thursday

Mexican Beef
Chilli con Carne with
Sour Cream
Served with Steamed
Wholegrain Rice and
Sweetcorn
(Mk,Mu)

Vegetarian Chilli con
Carne with Sour
Cream Served with
Steamed Wholegrain
Rice and Sweetcorn
(Mk,Mu)

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

Friday

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

Roast Vegetables
Wholewheat Pasta
Bake Served with Peas
(G,Mk)

Sultana and
Cranberry Flapjack
(G,Su)

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

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Green
JANUARY

18th - Hungry Caterpillar Day

Purple
FEBRUARY

9th - Chinese New Year

Red
MARCH

7th - World Book Day
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

WEEK 3

Week Commencing:
22/01/2024, 26/02/2024
and 25/03/2024

Mulberry
Wood Wharf Primary

MENU

Eat the
Rainbow

Mains
HAPPY TUMS

Veggie
MEAT FREE

Dessert
SOMETHING SWEET

Monday

Classic Spaghetti
Bolognese
Served with Garlic
Bread and Broccoli
(G,Mk,So)

Veggie Mince
Bolognese
Pasta Bake
Served with Garlic
Bread and Broccoli
(G,Mk,So)

Eves Pudding
(G,E)

Tuesday

Butcher's Chicken
Sausage with Onion
Gravy Served with
Creamy Mashed
Potatoes and Roasted
Cauliflower
(G,Mk,Su)

Vegan Sausage
with Onion Gravy
Served
with Creamy Mashed
Potatoes and Roasted
Cauliflower
(Mk,So)

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

Wednesday

Minced Beef and Root
Vegetables Pie
Served with Roasted
New Potatoes,
Steamed Cabbage and
Carrots
(G,Ce)

Cheese, Leek and
Butternut Squash Pie
Served
with Roasted New
Potatoes, Steamed
Cabbage and Carrots
(G,Mk,Ce)

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

Thursday

Aromatic
Chicken Korma
Served with Steamed
Wholegrain Rice and
Garlic Roasted Greens
(Mk,Mu,So,G)

Potato and Vegetables
Creamy Curry
Served
with Steamed
Wholegrain Rice and
Garlic Roasted Greens
(Mk,Mu,So,G)

Pear and Ginger
Flapjack Crumble
(Mk,G,E)

Friday

Fish Finger Bap with
Lemon Coleslaw
(G,E,Mu,F)
or
Salmon Fishcakes
with Lemon Mayo
(G,F,E,Mu)
Served
with Beans and Peas

Vegetarian Chickpea
and Roasted
Vegetables Paella
Served with Peas
(Ce)

Oat and Raisin Cookie
(Mk,E,G)

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WEEK 4

Week Commencing:
29/01/2024 and
04/03/2024

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Wood Wharf Primary

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Sticky BBQ Chicken with
Cowboy Beans
Served with Baked Cajun
Wedges and Sweetcorn
(G,Su,So,Se,Mu)

Tuna and Sweetcorn
Cheesy Wholemeal
Pasta Bake
Served with Garlic Bread
and Broccoli
(G,F,So,Mk)

Traditional Cottage Pie
with Cheesy Topping and
Gravy
Served with Roasted
New Potatoes, Green
Beans and Carrots
(Mk,Ce,G,So,Su)

Chicken Rogan Josh with
Mango Chutney
Served with Pilau
Wholegrain Rice and
Masala Roasted
Cauliflower
(None)

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

Veggie
MEAT FREE

Bean Burger with Salad
and Relish in a Bun
Served with Baked Cajun
Wedges and Sweetcorn
(G,Su,So,Se,Mu)

Margarita Pizza
Served with
Broccoli
(G,Mk,So,E)

Veggie Lentil Cottage Pie
with Veggie Gravy
Served
with Roasted New
Potatoes, Green Beans
and Carrots
(Mk,Ce,G,So,Su)

Chickpeas Rogan Josh
with Mango Chutney
Served with Pilau
Wholegrain Rice and
Masala Roasted
Cauliflower
(None)

Singapore Vegetable Stir
Fry with Egg Noodles
(G,E,So,Su)

Dessert
SOMETHING SWEET

Apple and Winter Berries
Crumble with Custard
(G,Mk)

Roasted Pineapple and
Ginger Cake
(G,E,Mk)

Jam and Coconut Sponge
with Custard
(G,E,Mk)

Pear and Vanilla Topsy
Turvy Cake
(G,E,Mk)

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

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