

# Menu

## Week 1

### Mains

HAPPY TUMS

### veggie

MEAT FREE

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Dessert

SOMETHING SWEET

### Jacket Potatoes

TASTY FAVOURITES

Monday

Chicken Rogan Josh  
with Mango Chutney  
(Mu)

Tuesday

Meatballs in Tomato  
Sauce served with  
Penne Pasta & Salad  
(G)

Wednesday

Lemon & Herb Roast  
Chicken with Gravy  
(G)

Thursday

Beef Burger in a Soft  
Bun (G,E)  
Chicken Burger in a  
Soft bun (G)

Friday

Battered Fish Fillet  
(G,F)

Mild Vegetable Curry

Wholemeal Cheese &  
Tomato Quiche  
(G,E,Mk)

Baked Mac n Cheese  
(G,Mk,Mu)

Vegan Lentil Burger  
(G)

Cheese & Onion Pasty  
(G,Mk)

Spiced Roast  
Cauliflower

Crunchy Roast  
Potatoes or Savoy  
Cabbage & Carrots

Sweetcorn, Coleslaw  
(E), Sliced Pickles,  
Lettuce or Tomato

Garden Peas  
Baked Beans

Wholemeal Pilau Rice  
Naan Bread (G)

New Potatoes  
Salad

Garlic Bread (G)

Paprika Spiced New  
Potatoes

Oven Baked Chips

Fresh Fruit or Yoghurt  
(Mk)

Cheese and Crackers  
(G,Mk)

Jacket Potato with  
Baked beans  
(None)

*Salad bar, cold desserts and fresh fruit available daily.*

### DATES

05/01/25 - 26/01/26  
23/02/26 - 16/03/26

**Allergens:** Please note the allergens shown within these menus are subject to change.

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



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

JANUARY  
LEEKS

FEBRUARY  
PARSNIPS

MARCH  
KALE

APRIL  
NEW  
POTATOES

Look for this logo on  
the menu to try a  
yummy seasonal special!

# Menu

## Week 2

### Mains

HAPPY TUMS

### veggie

MEAT FREE

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Dessert

SOMETHING SWEET

### Jacket Potatoes

TASTY FAVOURITES

### DATES

12/01/26 - 02/02/26  
02/03/26 - 23/03/26

**Allergens:** Please note the allergens shown within these menus are subject to change.

Ce = Celery

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E = Eggs

F = Fish

G = Cereals containing Gluten

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Monday

Classic Spaghetti Bolognese **(G)** Served with Garden Salad

Tuesday

Chicken Sausages with Caramelised Onion Gravy **(G,Su)**

Wednesday

Roast Chicken with Stuffing & Gravy **(G)**

Thursday

Mexican Lamb & Mixed Bean Chilli

Friday

Battered Fish Fillet **(G,F)**

Steamed Seasonal Greens

Green Beans

Cauliflower

Sweetcorn

Garden Peas

Baked Beans

Garlic Bread **(G)**

Creamy Champ Mashed Potatoes **(Mk)**

Roast New Potatoes

Zesty Lime Rice

Oven Baked Chips

Fresh Fruit or Yoghurt **(Mk)**

Cheese and Crackers **(G,Mk)**

Jacket Potato with Baked beans (None)

*Salad bar, cold desserts and fresh fruit available daily.*

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# Menu

## Week 3

### Mains

HAPPY TUMS

### veggie

MEAT FREE

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Dessert

SOMETHING SWEET

### Jacket Potatoes

TASTY FAVOURITES

#### DATES

19/01/26 - 09/02/26  
09/03/26

**Allergens:** Please note the allergens shown within these menus are subject to change.

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



Monday

Mucho Mexican  
Chicken with Zesty  
Rice and Sour Cream  
(Mk,G)

Tuesday

Classic Shepherds Pie  
(Ce,Mk,So)

Wednesday

Grilled Piri Piri  
Chicken (Ce) Served  
with Spicy Rice

Thursday

Baked Lamb Lasagne  
(G,Mk) Served with  
Chef's Salad

Friday

Battered Fish Fillet  
(G,F)  
or  
Battered Sausage  
(G,Su)

Sweet & Sour Quorn  
Served with Soy &  
Ginger Noodles  
(G,E,So,Su)

Vegan Puy Lentil  
Shepherds Pie  
(Ce)

Cauliflower and  
Potato Curry

Vegan Lentil  
Bolognese (Ce)  
Served with Spaghetti  
(G) or Chef's Salad

Veggie Hotdog  
(G)

Asian Salad

Steamed Carrots

Coleslaw (E)

Whole Green Beans

Garden Peas or Baked  
Beans  
Chunky Tartare Sauce  
(E), Ketchup or Lemon

Prawn Crackers  
(Cr,Su)

Steamed Wholemeal  
Rice

Garlic Bread (G)

Oven Baked Chips

Fresh Fruit or Yoghurt  
(Mk)

Cheese and Crackers  
(G,Mk)

Jacket Potato with  
Baked beans  
(None)

*Salad bar, cold desserts and fresh fruit available daily.*

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