

Menu

Week 1



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!

Mains

HAPPY TUMS

Veggie

MEAT FREE

veg

EXTRA GOOD

carbs

FUEL FOOD

Dessert

SOMETHING SWEET

Jacket potatoes

TASTY FAVOURITES

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Rogan Josh with Mango Chutney (Mu)	Meatballs in Tomato Sauce served with Penne Pasta & Salad (G)	Lemon & Herb Roast Chicken with Gravy (G)	Beef Burger in a Soft Bun (G,E) Chicken Burger in a Soft bun (G)	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 (G) Salad	Garlic Bread (G)	Paprika Spiced New Potatoes (G)	Oven Baked Chips
Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)
Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)
Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	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 F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Menu

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

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Mains

HAPPY TUMS

Veggie

MEAT FREE

veg

EXTRA GOOD

carbs


FUEL FOOD

Dessert

SOMETHING SWEET

Jacket potatoes

TASTY FAVOURITES

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Spaghetti Bolognese (G) Served with Garden Salad	Chicken Sausages with Caramelised Onion Gravy (G,Su)	Roast Chicken with Stuffing & Gravy (G)	Mexican Lamb & Mixed Bean Chilli	Battered Fish Fillet (G,F)
Mediterranean Vegetable Lasagne (G,Mk) with Garden Salad	Veggie Sausages with Mash & Peas (G)	Classic Ratatouille	Mexican Bean & Vegetable Burrito (G,Mk)	Crispy Vegetable Samosa with Mango Chutney (G,Mu)
Steamed Seasonal Greens	Green Beans	Cauliflower Carrots	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)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)
Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)	Cheese and Crackers (G,Mk)
Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)	Jacket Potato with Baked beans (None)

Salad bar, cold desserts and fresh fruit available daily.

Dates

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

Allergens:

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Menu

Week 3



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!

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Jacket Potatoes
TASTY FAVOURITES

Monday

Tuesday

Wednesday

Thursday

Friday

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

Classic Shepherd's Pie
(Ce,Mk,So)

Grilled Piri Piri
Chicken (Ce) Served
with Spicy Rice

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

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
Shepherd's 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)

Fresh Fruit or Yoghurt
(Mk)

Fresh Fruit or Yoghurt
(Mk)

Fresh Fruit or Yoghurt
(Mk)

Fresh Fruit or Yoghurt
(Mk)

Cheese and Crackers
(G,Mk)

Cheese and Crackers
(G,Mk)

Cheese and Crackers
(G,Mk)

Cheese and Crackers
(G,Mk)

Cheese and Crackers
(G,Mk)

Jacket Potato with
Baked beans
(None)

Jacket Potato with
Baked beans
(None)

Jacket Potato with
Baked beans
(None)

Jacket Potato with
Baked beans
(None)

Jacket Potato with
Baked beans
(None)

Salad bar, cold desserts and fresh fruit available daily.

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