

# 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!