

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 
Salad

Garlic Bread (G)

Paprika Spiced New
Potatoes 

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

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