

Menu

Week 1



THE FRESH LITTLE
ALL^{OT}MENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BETROOT

JULY
MINT

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

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken Sausages with Onion Gravy
(G,Su)

Chicken Tikka Masala
(Mu)

Cajun Chicken Burger
(G,Se)

Chilli Con Carne with Sour Cream
(Mk,G)

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

Veggie
MEAT FREE

Grilled Veggie Sausages with Onion Gravy
(G,Su)

Vegetable Tikka Masala
(Mu)

VEGAN Chickpea & Corn Burger, Mango & Lime Salsa
(G,Se)
Sweetcorn

Eat Curious Chilli Non-Carne with Sour Cream
(Mk,G)

Cheese & Onion Turnover
(G,E)

veg
EXTRA GOOD

Carrots

Steamed Cauliflower

Chef's Salad

Chopped Corn Salad

Peas

Baked Beans

carbs
FUEL FOOD

Creamy Mashed Potato

Wholegrain Steamed Rice

Spicy Wedges

Zesty Lime Coriander Rice

Chips

Dessert
SOMETHING SWEET

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

13/04/26 - 11/05/26
08/06/26 - 06/07/26

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

**APRIL
NEW
POTATOES**

**MAY
BASIL**

**JUNE
BEETROOT**

**JULY
MINT**

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the menu to try a
yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken Meatballs
in Tomato and Basil
Sauce



Sticky Jerk Spiced
Chicken with Jerk
Gravy

Classic Slow Cooked
Beef Lasagne
(G,Mk,E)

Roast Chicken with
Stuffing and Gravy
(G)

Battered Fish Fillet
(F,G) or Chicken
Tenders
(Ce,Mk,G,E)

Veggie

MEAT FREE

Macaroni and
Cheese
(Mk,G,Mu)

Spinach, Sweet
Potato & Lentil Dahl
(G)

Ratatouille Veg and
Penne Pasta Bake
with Basil
(G)



Roast Root
Vegetable
Wellington Stuffing
(G,E)

Stuffed Pepper with
Rice and Tomato
Sauce
(Ce)

veg

EXTRA GOOD

Sweetcorn

Jamaican Slaw (E)

Baby Carrots

Green Beans

Peas

Baby Carrots

Baked Beans

carbs

FUEL FOOD

Spaghetti (G)

Spicy Wholegrain
Rice

Garlic & Herb Slice
(G,MK,So)

Crunchy Roast
Potatoes

Chips

Dessert

SOMETHING SWEET

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

20/04/26 - 18/05/2
15/06/26 - 13/07/26

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Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

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containing Gluten

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Menu

Week 3



THE FRESH LITTLE
ALL^{OT}MENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mexican Chill Chicken
(G)

BBQ Hot Dogs with Crispy Onions
(G,So)

Roast Turkey with Stuffing and Gravy
(G)

Classic Spaghetti Bolognese Served with Garden Salad
(G)

Battered Fish Fillet (G,F) or Salmon Wholemeal Pasta Bake (G,F,Mk)

Veggie

MEAT FREE

Chilli Con Veggie
(G)

Sticky BBQ Veggie Hot Dog with Crispy Onions
(G,E)

Vegan Cottage pie
(Ce,So)

Mediterranean Vegetable Lasagne with Garden Salad
(G,Mk)

Large Vegetable Samosa
(G)

veg

EXTRA GOOD

Chopped Corn Salad

Sweetcorn

Steamed Green Beans

Baby Carrots

Peas

Baked Beans

carbs

FUEL FOOD

Flour Tortilla (G)

Seasoned Wedges

Crunchy Roast Potatoes

Garlic Bread
(G,So,Mk)

Chips

Wholegrain Steamed Rice

Dessert

SOMETHING SWEET

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Fresh Fruit Yoghurt
(Mk,So)

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
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Dates

27/04/26 - 25/05/26-
22/06/26

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