

WEEK 1

KS 1: 22 April, 6 May,
20 May, 3 June, 17 June

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Macaroni cheese with crispy mozzarella topping
(G,Mk)

Lemon and thyme grilled chicken
(none)

Creamy mushrooms Chicken
(Mk)

Baked cod fillet with home made tartare sauce and lemon
(G,Su,F,E)

Home made chicken burrito
(G,Mk)

Veggie

MEAT FREE

Vegetable ratatouille with gluten free penne pasta
(Ce)

Aubergine and chick pea baked tagine
(none)

roasted vegetables and penne pasta with home made vegan green pesto

Nut free Satay sauce with stir-fry rice noodles and smoked Tofu
(So)

Mushroom risotto
(Ce)

veg

EXTRA GOOD

Steamed green beans

Sautéed greens

Steamed carrots

Garden peas Baked beans

Steamed sweet corn Roasted sweet potatoes

Carbs

FUEL FOOD

Homemade garlic bread
(G)

Roasted new potatoes Steamed rice

Creamy mash potatoes
(Mk)

French fries

Steamed rice

Dessert

SOMETHING SWEET

Gluten free chocolate cake
(Egg)

Strawberry jelly

Greek yogurt
(Mk)

White chocolate flap jack
(Mk,So,G)

Fresh fruit salad

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
23rd - National Biscuit Day

Green
JUNE
LGBTQ+ Month
5th - World Environment Day

Purple
JULY
4th - World Chocolate Day

ALLERGENS

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



WEEK 2

KS 1: 29 April, 13 May,
27 May, 10 June, 24 June

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Pasta Bar

Crispy chicken burger
on brioche bun
(E,G)

Beef Bolognese
(Ce)

Baked cod fish
fingers with
tartare sauce
(G,Su,F,E)

Chicken sausage
(G,Su)
Pork sausage (G,Su)
Vegetarian sausages
(G,Su)

Veggie
MEAT FREE

Tomato and basil
sauce (Ce)
Mushroom, leek and
mascarpone
carbonara sauce
(G,Mk,E)

Mild vegetable
Rogan josh
(Mu)

Pesto and mozzarella
baked gnocchi
(G,Mk)

Home made pizza
margarita
(G,Mk)

Lime and coconut
Thai vegetables with
steamed rice
(none)

veg
EXTRA GOOD

Grilled lemon
courgettes

Green beans

Steamed broccoli

Garden peas
Baked beans

Roasted carrots
Steamed green
cabbage

Carbs
FUEL FOOD

Tricolour fusilli (G)
Gluten free penne
Garlic focaccia (G)

Potato wedges
Steamed rice

Spaghetti (G)

Chunky chips

Mash potato (Mk)
Onion gravy (none)

Dessert
SOMETHING SWEET

Gluten free
Classic Victoria jam
and cream sponge
cake (E,Mk)

Lime jelly

Greek yogurt
(Mk)

Carrot cake
(E,G,Su)

Fresh grapes

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
23rd - National Biscuit Day

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JUNE
LGBTQ+ Month
5th - World Environment Day

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JULY
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