

WEEK 1

15 April, 13 May, 17 June

MENU

Eat the **Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Penne Pasta with Roasted Parmesan Cheese and Basil Pesto **(G)**

Farm assured Pork or Chicken Sausages with Caramelised Onion Gravy **(G,Su)**

Lemon and Herb Grilled Chicken with Home Made Piri Piri Sauce **(none)**

Baked Breaded Cod Fillet with lemon and tartare sauce **(F,E,Mk,Su,Mu)**

Chicken and Leek Pie with Pastry Topping **(Mk,E,G)**

Veggie
MEAT FREE

5 bean Chilli with Sour Cream and Nachos **(Mk)**

Sweet n Sour Vegetables with a Special Egg Fried Rice **(E,So)**

Italian Potato Gnocchi with Vegetable Caponata **(G)**

Frittata with Garlic Aioli and Caesar Salad **(E,So,Mk,G)**

Aubergine and Chick Pea Tagine with Apricots **(Su)**

veg
EXTRA GOOD

Green beans with crispy shallots

Sautéed savoy cabbage

Steamed sweetcorn

Baked beans Garden peas

Steamed broccoli Buttered new potatoes

Carbs
FUEL FOOD

Steamed rice

Sweet chilli egg noodles **(E,G,So)**
Creamy mash potatoes **(Mk)**

Spiced Rice Garlic bread **(G)**

Chunky Chips

Fruity Cous Cous **(G,Su)**
Champ Mash **(Mk)**

Dessert
SOMETHING SWEET

Gluten-free apple and forest berry crumble cake **(E)**

Victoria sponge filled with strawberry jam and cream **(E,G,Mk)**

Warm Fruity flap jack **(G,Mk,Su)**

Pear and Chocolate Cake with Custard **(G,Mk,E)**

Carrot and Raisin Cake with Cream Cheese and Orange Frosting **(G,E,Mk,Su)**

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

22 April, 20 May, 24 June

MENU

Eat the **Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Courgette Rogan Josh with Roasted Onions and Tomatoes **(Mu)**

Classic Beef and Mozzarella Lasagne with Tomato, basil and Olive salad **(Ce,G,Mk)**

Mild Chicken Tikka Masala with Naan Bread **(Mk,Mu,G)**

Baked Buttered Haddock with Lemon and Tartare Sauce **(F,E,Mk,Su,Mu)**

Turkey Moussaka **(Ce)**

Veggie
MEAT FREE

Pasta Bar
Roasted Vegetable and Basil **(Ce)**
Mushroom and Leek Carbonara **(G,Mk,E)**

Thai sweet Potato and Coconut Curry **(none)**

Tarka Dahl with Spinach and Potatoes **(Mu)**

Spanish Tortilla with Onions and Cheddar **(E,Mk)**

Macaroni Cheese **(G,E,Mk,Mu)**

veg
EXTRA GOOD

Roasted Cauliflower

Garlic Green Beans

Cumin Roasted carrots

Garden Peas Baked Beans

Steamed Sweetcorn

Carbs
FUEL FOOD

Gluten Free Penne Spaghetti **(G)**
Steamed rice

Jasmine Rice

Pilaf Rice

French Fries

Israeli Pearl Cous Cous
Garlic Bread **(G)**

Dessert
SOMETHING SWEET

Gluten-Free Blueberry tray Bake **(E)**

White Chocolate and Banana Cake **(G,E,So,Mk)**

Apple and Cinnamon Crumble with Vanilla Custard **(G,Mk)**

Chocolate Brownie **(G,E,Mk)**

Orange and Polenta Cake **(E,G,Mk)**

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

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WEEK 3

29 April, 3 June, 1 July

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Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Puy Lentil and Vegetables Bolognese (Ce,G)

Chicken Katsu Curry with Chopped Salad (E,G,Mk,So)

Roast Turkey with Pan Gravy (none)

Baked Cod Fillet with Lemon and Tartare Sauce (G,Mk,Su,Mu,E)

Jerk Chicken with Rice and Peas (None)

Veggie
MEAT FREE

Vegetable Jalfrezi with a mild curry sauce (Mu)

Chinese Stir-Fry Vegetables and black bean sauce (So)

Potato, Leek and Cheddar pie (Mk,G)

BBQ Pulled Pork with Brioche bun and Slaw
BBQ Pulled Aubergine with Brioche bun and slaw (G,Mu,Ce)

Mediterranean vegetable Lasagne (G,Mk,Ce)

veg
EXTRA GOOD

Roasted Cauliflower

Steamed Green Beans

Roasted Root Vegetables

Garden Peas Baked Beans

Chili and lime roasted sweet potatoes (none)

Carbs
FUEL FOOD

Steamed Penne (G)
Cardamom Rice

Sticky Rice Sweet Chilli Egg Noodles (E,So)

Roasted Rosemary Potatoes

Chunky Chips

Rice and Peas Garlic Bread (G)

Dessert
SOMETHING SWEET

Gluten Free Pineapple Upside Down (E,Su)

Strawberry Jam and Coconut Tray Bake (G,E)

White Chocolate and Raspberry cake (G,E,So)

Lemon Drizzle Cake (G,E,Mk)

Eton Mess (E,Mk)

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

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WEEK 4

6 May, 10 June

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Eat the Rainbow

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Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mediterranean roasted Vegetables and Haloumi with Tomato sauce
(Ce,Mk)

Chili con Carne with Sour Cream and Nachos
(Mk)

Sticky BBQ Chicken Burger with crispy lettuce and tomatoes
(G,Mu)

Baked Haddock with Lemon and Tartare Sauce
(F,Mu,E,G,Mk)

Baked Chicken with Cherry Tomatoes and creamy sauce
(Mk)

Veggie

MEAT FREE

Butternut Squash and Mushroom Risotto
(Ce)

Creamy Mushroom and Mozzarella Pasta Bake
(G,Mk)

Chick Pea Burger with Minted Yogurt and pickled red cabbage
(G,E)

Roasted Aubergine and sweet potatoes mild curry
(None)

Layered Vegetable Enchilada Pie with Jalapenos
(G,Mk)

veg

EXTRA GOOD

Steamed sweet Corn

Steamed Broccoli

Corn on Cob

Garden Peas Baked Beans

Honey and Thyme Roasted Carrots

Carbs

FUEL FOOD

Lemon and Herb Cous cous **(G)**

Steamed Rice

Parsley New Potatoes

Skin on Chips Pilaf Rice

Crushed new Potatoes Steamed rice

Dessert

SOMETHING SWEET

Gluten-Free Vanilla Sponge cake with Chantilly Cream
(E,Mk)

Sticky Toffee Pudding
(G,E,Su)

Double Chocolate Pudding with Chocolate Custard
(G,Mk,E,So)

Baked Lemon Cheese Cake
(G,E,Mk)

White Chocolate Flap Jack
(G,So)

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

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