



# Menu

week 1



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Chicken and Sweetcorn Penne Pasta (G,Mk)

Pepperoni Pizza (G,Mk,E)

Toad in the Hole with Gravy (G,E,Mk,Su)

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

Fish Fingers with Ketchup (G,F)

## Veggie

MEAT FREE MAINS

Roasted Vegetable and Sweetcorn Pie (G)

Margherita Pizza (G,Mk,E)

Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)

Veggie Mince Lasagne (G,Mk,So,E) 

Veg Finger with Ketchup (G)

## veg

EXTRA GOOD

Broccoli  
Green Beans

Garden Salad

Carrots  
Steamed Green Beans

Roasted Cauliflower  
Red Onion and Courgettes Sauté

Baked Beans  
Peas

## Carbs

FUEL FOOD

Home Baked Garlic Focaccia (G)

Crispy Potato Wedges

Mashed Potato

Biryani Rice (G)

Oven Baked Chips

## Dessert

SOMETHING SWEET

Fresh Fruit Platter  
Or Yoghurt (Mk,So) 

Apple and Sunflower Seed Honey Bar (G,Su) 

Fruity Jelly

Carrot Cake Cookie (G,E,Mk)

Pear Crumble with Custard (G,Mk,E,So) 



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

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

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

## Dates

01/09/25, 29/09/25,  
03/11/25 and 01/12/25

## 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





# Menu

Week 2



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Beef Bolognaise  
Pasta Bake  
(G,Mk)

Chicken Enchilada  
with a Tomato Sauce  
and Cheese  
(G,Mk,Mu)

Roast Chicken Thigh  
with Gravy

Lamb and Pea  
Keema Curry

Battered Fish with  
Ketchup  
(G,F)

## Veggie

MEAT FREE MAINS

Macaroni and  
Cheese  
(G,Mk, Mu)

Vegetable Enchilada  
with a Tomato Sauce  
and Cheese  
(G,Mk,Mu)

Roasted Vegetable  
Crumble  
(G,Mk,Mu)

Eat Curious  
Vegetarian Curry

Leek Cheddar and  
Sweetcorn Quiche  
(G,E,Mk)

## veg

EXTRA GOOD

Steamed Broccoli  
Chefs Salad

Coleslaw  
(E)  
Sweetcorn

Steamed Broccoli  
Roasted Carrots

Green Beans  
Cauliflower

Garden Peas  
Baked Beans

## Carbs

FUEL FOOD

Home Baked Garlic  
Focaccia  
(G)

Mixed Potato  
Wedges

Roasted Potatoes

Mixed Rice

Oven Baked Chips

## Dessert

SOMETHING SWEET

Fresh Fruit  
Platter  
Or Yoghurt  
(Mk,So)

Pear and Raisin  
Seed Bar  
(G)

Fruity Jelly

Choc Chip Cookie  
(G,E,Mk,So)

Apple and Raisin Tray  
Bake with Custard  
(G,E,Mk,So)



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

SEPTEMBER  
PEARS

OCTOBER  
SQUASH

NOVEMBER  
APPLES

DECEMBER  
BRUSSEL  
SPROUTS



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

## Dates

08/09/25, 06/10/25,  
11/11/25 and 08/12/25

## 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





# Menu

## Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Oven baked Chicken tossed in Macaroni and Pesto (G,Mk,E)

Meatball Marinara Sub Roll topped with Crispy Onions (G,Mk,Se,So)

Roast Chicken Sausage with Pear Sauce and Gravy (G,So,Su)

Chicken and Vegetable Hot Pot with Sauté Potato Topping

Fish Finger Dog (G,F,Se,So)

### Veggie

MEAT FREE MAINS

Macaroni Pasta Tossed in a Basil Pesto Baked with Cheese (G,Mk,Mu)

Falafel Marinara Sub Roll Topped with Crispy Onions (G,Mk,Se,So)

Roasted Vegetable Sausage with Onion Gravy (G,Ce)

Seasonal Vegetable and Butternut Squash Hot Pot with Sauté Potato Topping

Vegetable Finger Dog (G,Su,So)

### veg

EXTRA GOOD

Mixed Tossed Salad  
Sweetcorn

Steamed Cauliflower  
Green Beans

Steamed Carrots  
Cabbage with Leeks

Medley of Steamed Green Vegetables

Garden Peas  
Baked Beans

### Carbs

FUEL FOOD

Home Baked Garlic Focaccia (G)

Potato Wedges

Mash Potato

Oven Baked Chips

### Dessert

SOMETHING SWEET

Sliced Fruit Platter Or Yoghurt (Mk,So)

Mixed Berry Flapjack (G)

Fruity Jelly

Oat and Apple Cookie (G,E)

Pear Sponge Pudding with Custard (G,E,Mk,So)



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



SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

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### Dates

15/09/25, 13/10/25,  
17/11/25 and 15/12/25

### Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
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P = Peanuts

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# Menu

week 4



Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Fully loaded Penne with Lamb Bolognese (G)

'Brunch' Chipolata, Frittata, and Hash Browns (G,Su,E,Mk)

Roast Turkey Breast with Gravy and Cranberry Sauce

Mild Chicken Curry

Baked Battered Fish with Ketchup (G,F)

## Veggie

MEAT FREE MAINS

Fully loaded Penne Pasta with Vegetable Bolognese (G,So)

'Brunch' Vegetable Chipolata, Frittata and Hash Browns (G,Ce,E,Mk)

Vegetarian Wellington served with Gravy (G,E) 

Mild Vegetable Curry

Butternut Squash and Tomato Fajita (G,Mk,Mu) 

## veg

EXTRA GOOD

Green Salad  
Sweetcorn

Baked Beans  
Leek Bubble and Squeak (Mk)

Green Beans  
Roast parsnips

Cauliflower  
Steamed Carrots

Garden Peas  
Baked Beans

## Carbs

FUEL FOOD

Garlic Focaccia (G)

Warm Fresh Bread (G)

Roasted New Potatoes

Biryani Rice (G)

Oven Baked Chips

## Dessert

SOMETHING SWEET

Fresh Fruit Platter  
Or Yoghurt (Mk,So) 

Pear and Sultana  
Crumble with Custard (G,E,So,Mk) 

Fruity Jelly

Lemon and Nutmeg Cookie (G,E,Mk)

Beetroot Brownie (G,Mk,So,Mk)



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

SEPTEMBER PEARS

OCTOBER SQUASH 

NOVEMBER APPLES 

DECEMBER BRUSSEL SPROUTS 



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

## Dates

22/09/25, 20/10/25 and 24/11/25

## Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluses

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

