



Menu

week 1



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Pepperoni Pizza (G,Mk,E,So)	Chicken and Sweetcorn Penne Pasta (G,Mk)	Toad in the Hole with Gravy (G,E,Mk,Su)	Chicken Tagine (G)	Fish Fingers with Tartar Sauce (G,F,E)
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Veggie

MEAT FREE MAINS

Margherita Pizza (G,E,Mk,So)	Roasted Vegetable and Tomato Pasta (G)	Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)	Sweet Potato and Butternut Tagine (G,Mu,So)	Veg Finger with Tartar Sauce (G,E)
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veg

EXTRA GOOD

Garden Salad	Broccoli Green Beans	Carrots Steamed Green Beans	Roasted Cauliflower Red Onion and Courgettes Sauté	Baked Beans Peas
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Carbs

FUEL FOOD

Crispy Potato Wedges	Home Baked Garlic Focaccia (G)	Mashed Potato	Biryani Rice	Oven Baked Chips
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Dessert

SOMETHING SWEET

Fresh Fruit Platter	Apple and Sunflower Seed Honey Bar	Fruity Jelly	Carrot Cake Cookie (G,E,Mk)	Pear Crumble with Custard
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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	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide





Menu

week 2



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

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 with
Gravy

Lamb and Pea
Keema Curry

Battered Pollock with
Lemon Wedge
(E,G,F)

Veggie

MEAT FREE MAINS

Macaroni and
Cheese
(G,Mk)

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,Ce)

veg

EXTRA GOOD

Steamed Broccoli
Chefs Salad

Sancho Pollo
Coleslaw
(E)
Sweetcorn

Kale
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

Pear and Raisin
Seed Bar
(G,Su)

Fruity Jelly

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

Apple and Raisin Tray
Bake
(G,E)

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

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

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

Roast Pork Sausage with Pear Puree and Gravy (G,Su)

Chicken and Vegetable Hot Pot with Sauté Potato Topping (Mk)

Fish Finger Dog (G,F,Se)

Veggie

MEAT FREE MAINS

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

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

Roasted Vegetable Sausage with Gravy (G,Ce)

Seasonal Vegetable and Butternut Squash Hot Pot with Sauté Potato Topping (Mk)

Vegetable Finger Dog (G,Su)

veg

EXTRA GOOD

Mixed Tossed Salad
Sweetcorn

Steamed Cauliflower
Brussel Sprouts

Steamed Carrots
Cabbage with Leeks

Medley of Steamed Green Vegetables

Garden Peas
Baked Beans

Carbs

FUEL FOOD

Potato Wedges

Home Baked Garlic Focaccia (G)

Mash Potato

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit Platter

Berry and Honey Bar (G)

Fruity Jelly

Oat and Apple Cookie (G,E)

Pear Sponge Pudding (G,E,Mk)

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

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
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide





Menu

week 4



SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

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

Fully loaded Penne
with Lamb
Bolognaise
(G)

Roast Turkey Breast
with Gravy and
Cranberry Sauce

Mild Chicken Curry

Baked Battered Fish
with Lemon Wedges
(G,F)

Veggie

MEAT FREE MAINS

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

Fully loaded Penne
Pasta with Vegetable
Bolognaise
(G)

Eat Curious and
Vegetable
Wellington served
with Gravy 
(G,E)

Mild Vegetable
Curry

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

veg

EXTRA GOOD

Baked Beans

Green Salad

Green Beans

Cauliflower

Garden Peas

Baby Carrots

Sweetcorn

Roast parsnips

Steamed Carrots

Baked Beans

Carbs

FUEL FOOD

Warm Fresh Bread
(G)

Roasted New
Potatoes

Biryani Rice

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit
Platter 

Pear and Sultana
Crumble with Custard
(G,Su,Mk) 

Fruity Jelly

Lemon and
Nutmeg Cookie
(G,E)

Beetroot Brownie
(G,Mk,So,E)

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