



# Menu

Week 1



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday


Friday

## Mains

HAPPY TUMS

Vegan Mince and Lentil Bolognese with Pasta  
(G,So)

Lamb and Vegetable Curry with Mango Chutney  
(Mu)


Roasted Chicken Meatballs with a Braised Leek and Onion Gravy 

Beef Chilli con Carne with Crushed Nachos  
(So)


Baked Battered Fish Fillet  
(F,G,  
Or  
Baked Salmon Fishcake  
(G,F)

## Veggie

MEAT FREE

Wholemeal Macaroni Cheese with Leeks and Cheddar  
(G,Mk) 

West African Chickpea and Kale Curry with Mango Chutney  
(Mk,Mu) 

Vegan Plant Ball with a Braised Leek and Onion Gravy  
(So) 

Vegetable and Bean Chilli non Carne with Crushed Nachos  
(So)


Baked Vegetable Fingers  
(G)


## veg

EXTRA GOOD

Broccoli  
Sliced Carrots

Cauliflower  
Sweetcorn

Honey Glazed Parsnips   
Green Beans

Braised Kale   
Roasted Carrots

Garden Peas  
Baked Beans

## carbs

FUEL FOOD

New Potato Focaccia  
(G) 

Wholegrain and White Rice

Mashed Potato  
(Mk)

Mexican Style Rice

Oven Baked Chips

## Dessert

SOMETHING SWEET

Fruit Platter

Lemon Drizzle Cake  
(G, E)

Fruity Jelly

Pear Crumble  
(G)

Chocolate Cookie  
(G)

Salad bar, cold desserts and fresh fruit available daily.



JANUARY LEEKS

FEBRUARY PARSNIPS



MARCH KALE

APRIL NEW POTATOES



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

## Dates

5/1/26 ,2/2/26, 9/3/26

**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

Monday

Tuesday

Wednesday

Thursday


Friday

## Mains

HAPPY TUMS

Jacket Potato Bar:  
Tuna Mayonnaise (F,E)  
Chilli con Carne (G)  
Beans and Cheese (Mk)

Slow Cooked Chicken  
Tacos with Cheese  
(G,Mk)

Beef, Leek and Eat  
Curious Puff Pastry Pie  
Served with Gravy  
(G) 

Honey and Barbeque  
Glazed Chicken

Pepperoni  
Focaccia Pizza  
(G,Mk,E)

## Veggie

MEAT FREE

Jacket Potato Bar:  
Chilli non-Carne (So,G)  
Cheesy Coleslaw  
(Mk,E,So)  
Beans and Cheese (Mk)

Slow Cooked Vegetable  
Tacos  
with Cheese  
(G,Mk)

Roast Winter Root  
Vegetable & Kale Filo  
Parcel  
(G) 

Honey and Barbeque  
Roasted Vegetables  
with Cannellini Beans

Margherita  
Focaccia Pizza  
(G,Mk,E)

## veg


EXTRA GOOD

Top up your meal from  
our Salad Bar

Mixed Vegetables

Steamed Cabbage

Sliced Carrots

Green Beans Tossed in  
Braised Leeks 

Roasted Parsnips 

Steamed Broccoli

Sweetcorn

## carbs

FUEL FOOD

Baked Waffle Fries

Roasted New Potatoes 

Wholegrain and  
White Rice

Chips

## Dessert

SOMETHING SWEET

Fruit Platter

Mixed Berry Fool  
(Mk)

Fruity Jelly

Chocolate Cake  
(G, E)

Cinnamon Shortbread  
(G)

Salad bar, cold desserts and fresh fruit available daily.



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



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**Dates**  
12,1,26, 9/2,26, 16/3/26

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# MENU

Week 3



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday


Friday

## Mains

HAPPY TUMS

Butternut Squash and Sage Macaroni Cheese  
(G,Mk)

Mild Chicken Korma Curry  
(Mk)


Roasted Pork and Leek Sausage with Onion Gravy  
(G,Su) 

Slow Cooked Lamb Mince Lasagne  
(G,Mk,E)

Barbecue Chicken and Sweetcorn Pitta  
(G)


## Veggie

MEAT FREE

Penne Pasta with Kale Pesto, Spinach and Grated Parmesan  
(G,E,Mk) 

Vegetable Curry  
(Mk) 

Vegetable and Bean Cottage Pie served with Onion Gravy  
(So)

Mediterranean Roast Vegetable Lasagne  
(G,Mk,E) 


Barbecue Falafel and Sweetcorn Pitta  
(G)

## veg

EXTRA GOOD

Steamed Seasonal Greens  
Cauliflower

Roasted Carrots  
Green Beans


Sweetcorn with Peppers  
Honey Glazed Pars 

Top up your meal from our Salad Bar

Garden Peas  
Baked Beans

## carbs

FUEL FOOD

Cheddar and Leek Focaccia  
(G,Mk) 

White and Wholegrain Rice

Mashed Potato  
(Mk)

Home Baked Garlic Focaccia  
(G)

Waffle Fries

## Dessert

SOMETHING SWEET

Fruit Platter

Banana Cake  
(G, E)

Fruity Jelly

Carrot Cake  
(G,E)

Apple Crumble  
(G)

Salad bar, cold desserts and fresh fruit available daily.



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



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**Dates**  
19/1/26, 23/2/26, 23/3/26

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# MENU

Week 4



THE FRESH LITTLE  
**ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Pepperoni  
Focaccia Pizza  
(G,Mk,E)

Lamb Mince and  
Roasted Vegetable Pie  
with Served with Gravy  
(G)

Roast Chicken Thigh,  
Served with Yorkshire  
Pudding and Gravy  
(G,Mk,E)

Loaded Beef Bolognaise  
served with Wholegrain  
Penne Pasta  
(G,So)

Baked Battered  
Fish Fillet  
(F,G)  
Or  
Baked Salmon Fishcake  
(G,F)

## Veggie

MEAT FREE

Roasted Mixed Pepper  
and Sweetcorn  
Focaccia Pizza  
(G,Mk,E)

Roasted Vegetable,  
Mixed Bean and  
Cheddar Pie  
and Gravy  
(G,Mk)

Seasonal Vegetable and  
Lentil Roast  
with Yorkshire Pudding  
and Gravy  
(G,E,Mk,So)

Slow Cooked Vegan  
Mince Bolognaise and  
Wholegrain Penne  
Pasta Bake  
(G,So)

Baked Vegetable  
Fingers  
(G)

## veg

EXTRA GOOD

Maple Glazed Carrots  
  
Garden Peas

Cauliflower  
  
Broccoli

Sweetcorn  
  
Roasted Parsnips

Sauteed Savoy Cabbage  
  
Roasted Carrots

Garden Peas  
  
Baked Beans

## carbs

FUEL FOOD

Baked Potato Wedges

Mashed potato  
(Mk)

Crushed New Potatoes  
with Leeks

Home Baked Garlic  
Focaccia (G)

Chips

## Dessert

SOMETHING SWEET

Fruit Platter

Jam and Coconut  
Sponge  
(G, E)

Fruity Jelly

Shortbread  
(G)

Chocolate Cake  
(G, E)

Salad bar, cold desserts and fresh fruit available daily.



JANUARY  
LEEKs

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



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## Dates

26/1/26, 2/3/26

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