

# WEEK 1

Week Commencing:

17<sup>th</sup> April, 8<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June  
and 17<sup>th</sup> July

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains HAPPY TUMS

Mild Chicken Curry  
served with nan bread  
**(G)**

Minced Beef and  
Onion Pie  
**(G,E,Mk)**

Chicken Roasted  
Pepper & Potato Tray  
Bake

Roast Gammon with  
Stuffing and Gravy  
**(G)**

Crispy Battered  
Pollock  
**(G,F)**

## Veggie MEAT FREE

Sweet Potato, Quorn  
& Spinach Curry  
**(E)**

Vegan Lentil  
Bolognese served  
with Penne Pasta  
**(G,So)**

Carrot, Sweetcorn and  
Red Pepper Fritters  
**(G,Mk,E)**

Cherry Tomato, Pesto  
and Mozzarella Tart  
**(G,Mk)**

Roasted Vegetable,  
Cheese and Tomato  
Quesadilla  
**(G,Mk)**

## veg EXTRA GOOD

Bombay Vegetables  
Steamed Broccoli

Cauliflower  
Courgettes

Diced Swede  
Green Beans

Carrots  
Cabbage

Garden Peas

## Carbs FUEL FOOD

Turmeric Rice

New Potatoes

Oven Baked Jacket  
Potato Wedges

Roast Potatoes

Chips

## Dessert SOMETHING SWEET

Orchard Crumble  
served with Custard  
**(G,Mk)**

Chocolate Chip Cookie  
**(G,E,Mk,So)**

Vegetarian Jelly or  
Flavoured Yoghurt  
**(Mk,So)**

Lemon and Lime  
Drizzle Cake  
**(G,E,Mk)**

Chocolate Steamed  
Sponge served with  
Chocolate Custard  
**(G,E,So,Mk)**

Jacket Potatoes or Pasta, salad bar and fresh fruit available daily.

## Orange

APRIL  
24<sup>th</sup> - St George's Day

## Yellow

May  
18<sup>th</sup> - Circus Day

## Green

June  
26<sup>th</sup> - Wimbledon

## Purple

JULY  
4<sup>th</sup> - Independence 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

Week Commencing:

24<sup>th</sup> April, 15<sup>th</sup> May, 12<sup>th</sup> June and  
3<sup>rd</sup> July

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Beef Tacos with  
Grated Cheese  
(G,Mk)

Fresh Cumberland  
Sausages with Gravy  
(G,Su)

Italian Beef Lasagne  
(G,Mk)

Roast Turkey served  
with Stuffing and  
Gravy  
(G)

Breaded Cod Fish  
Fingers  
(G,F)

## Veggie

MEAT FREE

Vegetable Tacos with  
Grated Cheese  
(Mk,G,So)

Vegetarian Sausages  
with Gravy  
(G,So)

Mediterranean  
Vegetable Lasagne  
(G,Mk)

Veggie Enchilada with  
Tomato Sauce and  
Cheese  
(G,So,Mk)

Oven Baked Gnocchi  
with Tomato,  
Mozzarella and Pesto  
served with Garlic  
Bread (G,So,Mk,E)

## veg

EXTRA GOOD

Rainbow Slaw (Su)  
Sweetcorn

Diced Carrots  
Garden Peas

Chef's Salad  
Green Beans

Green Cabbage  
Cauliflower

Garden Peas

## Carbs

FUEL FOOD

Tomato Rice  
(G,Ce)

Creamy Mashed  
Potatoes (Mk)

Garlic and Herb Slice  
(G)

Roast Potatoes

Chips

## Dessert

SOMETHING SWEET

Steamed Ginger  
Sponge and Custard  
(Mk,E,G)

Vegetarian Jelly or  
Flavoured Yoghurt  
(Mk,So)

Lemon Meringue Pie  
(G,E,Mk)

Chocolate Chip  
Pudding and  
Chocolate Custard  
(Mk,E,So,G)

Sticky Toffee Pudding  
with Toffee Sauce  
(G,Su,Mk,E)

Jacket Potatoes or Pasta, salad bar and fresh fruit available daily.

## Orange

APRIL  
24<sup>th</sup> - St George's Day

## Yellow

MAY  
18<sup>th</sup> - Circus Day

## Green

JUNE  
26<sup>th</sup> - Wimbledon

## Purple

JULY  
4<sup>th</sup> - Independence Day

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# WEEK 3

Week Commencing:

1<sup>st</sup> May, 22<sup>nd</sup> May, 19<sup>th</sup> June and  
10<sup>th</sup> July

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Spaghetti Bolognaise with Garlic and Rosemary Focaccia Bread **(G)**

Classic Beef Burger in a Bun with Ketchup **(G,Su)**

Classic Margarita Focaccia Pizza **(G,Mk)**

Roast chicken Thigh served with stuffing and Gravy **(G)**

Breaded Pollock Fillet **(F,G)**

## Veggie

MEAT FREE

Vegan Spaghetti Bolognaise with Garlic and Rosemary Focaccia Bread **(G)**

Vegetarian Burger in a Bun with Ketchup **(G)**

Classic Margarita Focaccia Pizza **(G,Mk)**

Chinese Vegetables with Noodles **(E,G,So)**

Sweet Potato, Spinach and Feta Filo Pie **(G,E,Mk)**

## veg

EXTRA GOOD

Broccoli  
Sweetcorn

Chef's Salad  
Coleslaw **(E)**

Chef's Salad  
Green Beans

Carrots  
Cauliflower

Garden Peas

## Carbs

FUEL FOOD

Spaghetti **(G)**

Chips

Potato Wedges

Roast Potatoes

Chips

## Dessert

SOMETHING SWEET

Vegetarian Jelly or Flavoured Yoghurt **(Mk,So)**

Sugar Free Banana and Date Flapjack **(G,Mk,Su)**

Lemon Cheesecake **(G,Mk)**

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

Apple Upside Down Cake with Custard **(Mk,G,E)**

Jacket Potatoes or Pasta, salad bar and fresh fruit available daily.

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24<sup>th</sup> - St George's Day

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May  
18<sup>th</sup> - Circus Day

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26<sup>th</sup> - Wimbledon

## Purple

JULY  
4<sup>th</sup> - Independence Day

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