



# Menu

## Week 1



Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Chicken and Sweetcorn Penne Pasta (G,Mk)

Pepperoni Pizza (G,Mk,E,So)

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

Chicken Tagine (G)

Fish Fingers with Tartar Sauce (G,F,E)

### Veggie

MEAT FREE MAINS

Roasted Vegetable and Sweetcorn Pie (G,E,Mk,Ce)

Margherita Pizza (G,E,Mk,So)

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

Sweet Potato and Butternut Tagine (G,Mu,So) 

Vegetable Finger with Tartar Sauce (G,E,Su)

### 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

Oven Baked Chips

### Dessert

SOMETHING SWEET

Apple and Sunflower Seed Honey Bar (G) 

Fresh Fruit and Yoghurt (Mk,So)

Fresh Fruit and Yoghurt (Mk,So)

Fresh Fruit and Yoghurt (Mk,So)

Pear Sponge (G,E) 

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



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

### Dates

1/9/25 22/9/25 13/10/25  
10/11/25 1/12/25

### 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



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 Turkey  
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

Honey Cake  
(G,E)

Fresh Fruit and  
Yoghurt  
(Mk,So)

Fresh Fruit and  
Yoghurt  
(Mk,So)

Fresh Fruit and  
Yoghurt  
(Mk,So)

Apple and Raisin Tray  
Bake  
(G,E)

*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

8/9/25 29/9/25 20/10/25  
17/11/25 8/12/25

### Allergens

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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)

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

Roast Chicken with Gravy

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

Fish Fingers with Tartar Sauce  
(G,F,E)

### Veggie

MEAT FREE MAINS

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

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

Roasted Vegetable Sausage with Gravy  
(G,Ce)

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

Veg Finger with Tartar Sauce  
(G,E,Su)

### 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

Roasted New Potatoes

Oven Baked Chips

### Dessert

SOMETHING SWEET

Lemon and Nutmeg Sponge  
(G,E)

Cut Fruit and Yoghurt  
(Mk,So)

Cut Fruit and Yoghurt  
(Mk,So)

Cut Fruit and Yoghurt  
(Mk,So)

Beetroot Brownie  
(G,E,Mk)

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

15/9/25 6/10/25 3/11/25  
24/11/25 15/12/25

### Allergens

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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  
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