

# Menu

## Week 1



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

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

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

Lamb and Vegetable Curry with Mango Chutney (Mu)

Roasted Chicken Meatballs with a Braised Leek and Onion Gravy (So)

Beef, Bean and Eat Curious Chilli con Carne with Crushed Nachos (So)

Baked Fish Fingers with Lemon Wedge (F,G)

**Veggie**  
MEAT FREE

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

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

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

Eat Curious and Bean Chilli non Carne with Crushed Nachos (So)

Baked Vegetable Fingers with Lemon Wedge (G,Mu)

**veg**  
EXTRA GOOD

Broccoli  
Garden Peas

Cauliflower  
Sweetcorn

Broccoli  
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 & Yoghurts (Mk,So)

Lemon Drizzle Cake (G, E)

Fruity Jelly & Fresh Fruit

Fruit Platter & Yoghurts (Mk,So)

Pear Crumble Slice (G, E)

Jacket Potatoes, 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**  
05/01/26, 26/01/26,  
23/02/26, 16/03/26



Halal options are available every day

**Allergens:** Please note the allergens shown within these menus are subject to change.

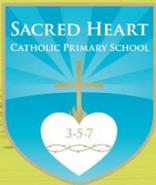
Ce = Celery  
Cr = Crustacean  
E = Eggs

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



**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)

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

Honey and Barbeque  
Glazed Chicken

Battered Pollock  
Lemon Wedge  
(F,G,)  
Fish Fingers  
Salmon Fish Cake  
(G, F)

**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)

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

Honey and Barbeque  
Roasted Vegetables  
with Cannellini Beans

Baked Vegetable  
Fingers with Lemon  
Wedge  
(G,Mu)

**veg**  
EXTRA GOOD

Green Beans  
Sweetcorn

Mixed Vegetables

Cauliflower

Sliced Carrots

Garden Peas

**carbs**  
FUEL FOOD

Roasted Parsnips

Steamed Broccoli

Baked Beans

Potato Wedges

Crushed New  
Potatoes with Leeks

Wholegrain and  
White Rice

Oven Baked Chips

**Dessert**  
SOMETHING SWEET

Fruit Platter  
&  
Yoghurts  
(Mk,So)

Jam and Coconut  
Sponge  
(G, E)

Fruity Jelly  
&  
Fresh Fruits

Fruit Platter  
&  
Yoghurts  
(Mk,So)

Chocolate Cake  
(G, E)

Jacket Potatoes, 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

12/01/26, 02/02/26,  
02/03/26, 23/02/26



Halal options  
are available  
every day

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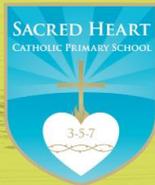
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So = Soya  
Su = Sulphur Dioxide



# Menu

## Week 3



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

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Chicken Meatballs in Tomato Sauce with Pasta (G)

Mild Chicken Korma Curry

Roasted Chicken Sausage with Onion Gravy (G,Su)

Beef Pepperoni Pizza (G,Mk,Mu, So)

Baked Fish Fingers with Lemon Wedge (F,G)

### Veggie

MEAT FREE

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

Mild Eat Curious and Vegetable Curry 

Roast Vegetable Sausages with Onion Gravy (So)

Margherita Pizza (G,Mk)

Baked Vegetable Fingers with Lemon Wedge (G,Mu)

### veg

EXTRA GOOD

Broccoli

Roasted Cauliflower

Carrots

Broccoli

Garden Peas

Sweetcorn with Peppers

Green Beans

Mixed Greens

Sweetcorn

Baked Beans

### carbs

FUEL FOOD

Home Baked Garlic Focaccia (G) 

White and Wholegrain Rice

Mashed Potato (Mk)

Baked Potato Wedges

Oven Baked Chips

### Dessert

SOMETHING SWEET

Fruit Platter & Yoghurts (Mk,So)

Oaty Flapjack (G)

Fruity Jelly & Fresh Fruits

Fruit Platter & Yoghurts (Mk,So)

Carrot Cake (G, E)

Jacket Potatoes, 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

19/01/26, 09/02/26, 09/03/26



Halal options are available every day

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