

WEEK 1

Dates here

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chicken pasta Bake

Cumberland sausages with gravy

Roast chicken with sage and onion stuffing and gravy

Stir fry chicken

Fish fingers Or Battered Fish

Veggie

MEAT FREE

Macaroni and cheese

Vegetarian sausage with gravy

Butternut squash, leek and onion Wellington

Stir fry Quorn with Julienne Vegetables

Cheese, pea and spinach quiche

veg

EXTRA GOOD

Green beans
Baby Carrots

Sweetcorn
Green beans

Roasted carrots
Steamed cabbage

Sautee Green beans

Garden peas
Baked beans

Carbs

FUEL FOOD

Mashed potato

Roast potatoes

Steamed noodles

Chips

Dessert

SOMETHING SWEET

Fruit crumble with custard

Victoria sponge

Carrot cake with buttercream frosting

Fruit Flapjack

Ice Cream

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

Orange

APRIL
23rd - St George's Day

Yellow

MAY
16th - Outer Space Day
23rd - National Biscuit Day

Green

JUNE
18th - Teddy Bears' Picnic

Purple

JULY
4th - World Chocolate Day
The Olympics

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

Dates here

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Spaghetti bolognese

Chicken burger

Roast Turkey with
cranberry sauce and
gravy

Pepperoni pizza

Fish finger
Or
Fish cakes with tartar
sauce

Veggie
MEAT FREE

Veggie mince
bolognese

Veggie burger

Vegetable sausage
rolls

Margarita pizza

Mixed bean and
vegetable burrito

veg
EXTRA GOOD

Chefs salad
Broccoli

Coleslaw

Steamed cabbage
Roasted parsnips

Classic coleslaw

Baked beans
Peas

Carbs
FUEL FOOD

Potato wedges

Roasted new
potatoes

Potato wedges

Oven baked Chips

Dessert
SOMETHING SWEET

Dorset apple cake

Shortbread dodgers

Baked jam sponge
with custard

Toffee Drizzle tray
bake

Jelly

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

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