

WEEK 1

15<sup>th</sup>, 29<sup>th</sup> April, 13<sup>th</sup> May, 10<sup>th</sup>,  
24<sup>th</sup> June and 8<sup>th</sup>, 22<sup>nd</sup> July

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Chicken pasta bake  
(Mk,G)

Cumberland  
sausages with gravy  
(Su,G)

Roast chicken with  
sage and onion  
stuffing and gravy  
(G)

Stir fry chicken  
(So,G)

Fish fingers  
Or  
Battered Fish  
(F,G)

**Veggie**  
MEAT FREE

Macaroni and cheese  
(Mu,Mk,G)

Vegetarian sausage  
with gravy  
(G,Ce)

Vegetable sausage  
rolls  
(E,G)

Stir fry Quorn with  
Julienne Vegetables  
(So,E,G)

Cheese, pea and  
spinach quiche  
(Mk,E,G)

**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  
(E,G)

Chips

**Dessert**  
SOMETHING SWEET

Fruit crumble with  
custard  
(So,Mk,E,G)

Victoria sponge  
(Mk,E,G)

Carrot cake with  
buttercream frosting  
(Mk,E,G)

Fruit Flapjack  
(G)

Ice Cream  
(Mk)

Jacket Potatoes, salad bar, freshly baked bread, 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

22nd April, 6th, 20th May, 3rd  
17th June and 1st 15th July

# MENU

# Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Spaghetti bolognaise  
(G)

Chicken Burger  
in a Bun  
(Se,G)

Roast Turkey with  
cranberry sauce and  
gravy

Focaccia  
Pepperoni Pizza  
(Mk,E,G)

Fish finger  
(G,F)  
Or  
Fish cakes with tartar  
sauce  
(Mu,Mk,F,G)

## Veggie

MEAT FREE

Veggie mince  
bolognaise  
(G,So)

Veggie Burger  
in a Bun  
(Se,E,G)

Vegetable sausage  
rolls

Focaccia  
Margarita Pizza  
(Mk,E,G)

Mixed Bean and  
Vegetable Burrito  
(Mu,Mk,G)

## veg

EXTRA GOOD

Chefs salad  
Broccoli

Coleslaw  
(E)

Steamed cabbage  
Peas

Classic Coleslaw  
(Su,Mu,Mk,E)

Baked beans  
Peas

## Carbs

FUEL FOOD

Potato Wedges

Roasted new  
potatoes

Potato Wedges

Chips

## Dessert

SOMETHING SWEET

Dorset apple cake  
(Mk,E,G)

Shortbread  
Jammie Dodgers  
(G)

Baked jam sponge  
with custard  
(So,Mk,E,G)

Toffee Drizzle  
Tray Bake  
(Mk,E,G)

Jelly

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APRIL  
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