

# WEEK 1

Sep 4<sup>th</sup>, Sep 25<sup>th</sup>, Oct 16<sup>th</sup>, Nov 6<sup>th</sup>, Nov 27<sup>th</sup>, Dec 18<sup>th</sup>

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Mac & Cheese  
(G,Mk)

Turkey, Pepper and  
bean wrap  
(G)

Pork Sausages & Gravy  
(G)

Mild Chinese style  
Chicken curry

Fish Fingers  
(F,G)

**Veggie**  
MEAT FREE

Onion & Pepper  
Omelette  
(E, Mk)

Mozzarella and  
tomato toasted  
wrap  
(G, Mk)

Veggie Sausages & Gravy  
(G,E)

Mild Chinese  
vegetable curry

Veggie Burger with  
tomato sauce  
(G,E)

**veg**  
EXTRA GOOD

Steamed Broccoli

Sweetcorn

Green Beans

Carrots

Garden Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Garlic Bread

Potato Wedges

Creamy Mashed potato  
(MK)

Steamed rice

Baked Oven Chips

**Dessert**  
SOMETHING SWEET

Jam & Coconut  
Sponge  
(G,E)

Apple Crumble  
With Custard  
(G,Mk)

Jelly

Chocolate Cake  
(G,E)

Fruit Salad

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

**Red**  
September

**Orange**  
OCTOBER  
5<sup>th</sup> - Superhero Day  
31<sup>st</sup> - Halloween

**Yellow**  
November  
1<sup>st</sup> - Diwali

**White**  
December  
Christmas Market

## 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

Sep 11<sup>Th</sup>, Oct 2<sup>Nd</sup>, Oct 30<sup>Th</sup>,  
Nov 20<sup>Th</sup>, Dec 11<sup>Th</sup>

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Cheese & Tomato Pizza  
(G, Ce, Mk)

BBQ Sticky Chicken  
with Beans

Roast Gammon with  
gravy & stuffing  
(G)

Oven Baked Lasagne  
with Mozzarella  
(G,MK)

Fish Fingers  
(F,G)

**Veggie**  
MEAT FREE

Roasted Vegetables Pizza  
(G,Ce,Mk)

Veggie Hot Dog Roll  
with roasted  
onions and ketchup

Spring Onion,  
Cheddar Cheese and  
Tomato Quiche  
(E,Mk)

Roasted Veggie  
Lasagne with  
mozzarella  
(G,Mk)

Vegetable stir fry  
(G, E, So)

**veg**  
EXTRA GOOD

Cauliflower and broccoli

Green beans

Carrots  
cabbage

Mix Veg

Peas  
Baked Beans

**Carbs**  
FUEL FOOD

Mashed potato

Steamed Rice

Roast Potatoes

Garlic Focaccia  
(G)

Baked Oven Chips

**Dessert**  
SOMETHING SWEET

Raspberry and coconut  
sponge  
with custard  
(G,E,MK)

Chocolate Cookies  
(G,E,Mk)

Vanilla Ice Cream  
(Mk)

Sultana and cranberry  
Flapjack  
(G)

Fruit Salad

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

**Red**  
September

**Orange**  
OCTOBER  
5th - Superhero Day  
31st - Halloween

**Yellow**  
November  
1st - Diwali

**White**  
December  
Christmas Market

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WEEK 3

Sep 18<sup>th</sup>, Oct 9<sup>th</sup>, Nov 13<sup>th</sup>,  
Dec 4<sup>th</sup>

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

**Cheese & Tomato  
Pasta**  
(G,Mk)

**Chicken stir fry**  
(G,E,So)

**Roast Turkey, stuffing  
& gravy**

**Beef Bolognese**  
(Ce)

**Fish Fingers**  
(F,G)

**Veggie**  
MEAT FREE

**Mushroom Risotto**  
(Mk)

**Quorn stir fry with  
peppers**  
(G,E,So)

**Cheese, Leek and  
butternut squash Pie**  
(G,E,Mk)

**Quorn Bolognese**  
(Ce,E)

**Vegetable Pasties**  
(G,Mk)

**veg**  
EXTRA GOOD

**Peas & Sweetcorn**

**Green Beans**

**Cabbage and Carrots**

**Mix Veg**

**Garden Peas  
Baked Beans**

**Carbs**  
FUEL FOOD

**Garlic Bread**

**Noodles**  
(E)

**Roast Potatoes**

**Spaghetti**  
(G)

**Oven Chips**

**Dessert**  
SOMETHING SWEET

**Jamaican Ginger Cake**  
(G,E)

**Bread & Butter  
Pudding**  
(G,E,Mk)

**Jelly**

**Pear & Chocolate  
Crumble**  
(G)

**Fruit Salad**

**Red**  
September

**Orange**  
OCTOBER  
5th - Superhero Day  
31st - Halloween

**Yellow**  
November  
1st - Diwali

**White**  
December  
Christmas Market

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

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