

# Menu

## Week 1



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

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Vegan Mince and  
Lentil Bolognese with  
Pasta  
(G,So)

Lamb and Vegetable  
Curry with Mango  
Chutney  
(Mu)

Roasted Chicken  
Meatballs with a  
Braised Leek and  
Onion Gravy

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

Baked Fish Fingers  
with Lemon Wedge  
and Tartare Sauce  
(F,G,E,Mu)

### Veggie

MEAT FREE

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

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 and Tartare  
Sauce  
(G,E,Mu)

### veg

EXTRA GOOD

Broccoli

Cauliflower

Honey Glazed  
Parsnips

Braised Kale

Garden Peas

Sliced Carrots

Sweetcom

Green Beans

Roasted Carrots

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

Apple strudel  
With custard  
(G,E,Mk)

Marble cake

Fruity Jelly

Pear Crumble

Fruit platter

*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

January 5<sup>th</sup>, January 26<sup>th</sup>,  
February 23<sup>rd</sup>, March 16<sup>th</sup>

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

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

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)**

Chicken, Leek and Eat  
Curious Puff Pastry  
Pie Served with Gravy  
**(G)**



Roast turkey with  
gravy and stuffing  
**(Ce,G)**

Beef Bolognese with  
whole meal pasta  
**(G)**

Fish Fingers  
**(F,G)**

**Veggie**  
MEAT FREE

Jacket Potato Bar:  
Chilli non-Carne  
**(So,G)**  
Cheesy Coleslaw  
**(Mk, E, So)**  
Beans and Cheese  
**(Mk)**

Roast Winter Root  
Vegetable & Kale Filo  
Parcel  
**(G)**



Veggie Wellington  
**(G)**

Vegan mince  
Bolognese with whole  
meal pasta  
**(G,So)**

Vegetable Fingers  
**(G)**

**veg**  
EXTRA GOOD

Top up your meal  
from our salad bar

Mixed Vegetables

Steamed Cabbage

Sliced Carrots

Baked Beans  
Garden Peas



Roasted Parsnips



Steamed Broccoli

**carbs**  
FUEL FOOD

Roasted New  
Potatoes



Roast Potatoes

**Garlic Focaccia**  
**(G)**

Oven Chips

**Dessert**  
SOMETHING SWEET

Jam and coconut  
sponge cake

Mixed Berry Fool  
**(Mk)**

Fruity Jelly

Chocolate Cake  
**(G,E,Mk)**

Fruit Platter

*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  
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yummy seasonal special!

**DATES**

January 12<sup>th</sup>, February 2<sup>nd</sup>,  
March 2<sup>nd</sup>, March 23<sup>rd</sup>

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# MENU

## Week 3



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

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Cheese and tomato focaccia pizza  
(G,Mk,So)

Lamb mince and roast vegetable pie  
Served with gravy  
(G,ce)

Roasted Pork and Leek Sausage with Onion Gravy  
(G, Su)

Honey and BBQ glazed chicken  
(G,Mk,E)

Battered Pollock with tartar sauce  
(G, F,E,Mu)

### Veggie

MEAT FREE

Roast mix pepper and sweetcorn focaccia pizza  
(G,Mk,So)



Roast veg, bean and cheddar pie served with gravy  
(G,Mk,Ce)



Vegetable and Bean Cottage Pie served with Onion Gravy  
(So)

Honey and BBQ roast vegetable with cannellini beans  
(G,Mk,E)

Barbecue Falafel and Sweetcorn Pitta  
(G)

### veg

EXTRA GOOD

Sweetcorn peas

Roasted Carrots

cauliflower Honey Glazed snips

Carrots broccoli

Garden Peas

Green Beans



Baked Beans

### carbs

FUEL FOOD

Waffle fries  
(l)



White and Wholegrain Rice

Mashed Potato  
(Mk)

Steamed rice  
(l)

Oven chips

### Dessert

SOMETHING SWEET

Toffee apple bread and butter pudding

Sticky ginger cake  
(G,E,Mk,Su)

Fruity Jelly

Sunflower seed and raisin flapjack  
(G,E)

Fruit platter

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



JANUARY LEEKS

FEBRUARY PARSNIPS



MARCH KALE

APRIL NEW POTATOES



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### DATES

January 19<sup>th</sup>, February 2<sup>nd</sup>,  
March 9<sup>th</sup>,

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containing Gluten

Mo = Molluscs

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