

Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

Look for this logo on the menu to try a yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Margherita Pizza
(G,Mk)

Butter Chicken Curry with Tomato and Mint Sambal
(Mk,So)

Chicken and Herb Sausage Rolls with an Apple and Sage Gravy
(G,E,Su)

Pasta Bar (G)
Beef Bolognese
Tomato sauce
Nut free Basil Pesto (Mk)

Oven baked fish finger
(G,F)
or
Salmon Fishcake
(G,F)

Veggie
MEAT FREE

Roasted vegetable Pizza
(G,Mk)

Chickpeas Braised in a Butter Curry Sauce with Tomato and Mint Sambal
(Mk,So)

Home Baked Vegan Mince and Herb Sausage Roll with an Apple and Sage Gravy (G,so)

Pasta Bar (G)
Vegan Bolognese
Tomato sauce
Nut free Basil Pesto (Mk)

Oven Baked Vegetable Fingers
(G)

veg
EXTRA GOOD

Asian Slaw

Sweetcorn
Spiced Cauliflower

Braised Leek and Cabbage
Roasted Honey Butternut Squash

Olives
Cheese (Mk)

Peas
Baked beans

carbs
FUEL FOOD

Potato Wedges

Plain 50/50 Rice

Roasted New Potatoes

Parsley, Mint and Olive Oil
Focaccia (G)

Oven Baked Chips

Dessert
SOMETHING SWEET

Peach Crumble With Custard
(G,Mk)

Beetroot Chocolate Cake (Low Sugar)
(G,E,Mk,So)

Fruit Jelly

Banana and Raisin
Cookie
(G,E)

Fresh Fruit Platter

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates
WC 13th April, 4th May, 1st June, 22nd June, 13th July

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

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Millionaire 50/50
Fusilli with Veggie
Bolognaise and
Basil Sauce
(G,Mk)

Chicken and
roast pepper
Quesadillas
(G,Mk)

Roast pork with
gravy and pear
puree

Jacket Potato Bar:
Chicken Sausage
(G,Su)
Baked Beans
Pepperoni and
Cheese (Mk,Mu,So)

Oven baked
pollock fillet
(F,G)

Veggie
MEAT FREE

Elevated Mac and
Cheese with Zesty
Basil Breadcrumbs
(G,Mk,So)

Cheesy Bean and
Roast Pepper
Quesadillas
(G)

Moroccan Style
Vegan Plantballs
(G,So)

Jacket Potato Bar:
Baked Beans and
Cheese (Mk)
Margherita Topping
(Mk)

All-in one roast
Tomato and Orzo
(G)

veg
EXTRA GOOD

Choose from our
delicious Salad Bar

Broccoli
Carrots

Roasted Butternut
Squash
Green Beans

Classic Coleslaw
(E)
Sweetcorn

Peas
Baked beans

carbs
FUEL FOOD

Beetroot Focaccia
(G)

Potato wedges

Crushed New
Potatoes

Oven Baked Chips

Dessert
SOMETHING SWEET

Banana flapjack
(G)

Apricot Sponge
Cake
(G,E,Mk,Su,So)

Fruit Jelly

Vanilla Biscuit with
Chocolate
Sprinkles (G)

Fresh Fruit Platter

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

Dates

WC 20th April, 11th
May, 8th June, 29th June

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Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Macaroni and cheese
(G,Mk,Mu)



Gratin Chicken with Spinach and Roast Tomato
(G,Mk)



Pork and Leek Sausage Hot Dog
(G,Su,Se,So)

Pot To Table Beef and Eat Curious Moussaka Topped with Fresh Mint
(G,Mk)



Oven Baked Fish Fingers (G,F) or Salmon Fishcake (G,F)

Veggie

MEAT FREE

Fusilli 50/50 Pasta Tossed in Garlic, Basil, Fresh Tomato and Vegan Mince
(G,So)



Gratin Eat Curious Pieces with Spinach and Roast Tomato
(G,Mk)



Vegetable Sausage Hot Dog
(G,So,Se)

Pot To Table Green Lentil Moussaka Topped with Fresh Mint
(G,Mk)



Spinach & Courgette Filo Parcel & Red Pepper Sauce
(G)

veg

EXTRA GOOD

Sweetcorn

Thyme Roasted Beetroot

Coleslaw
(E)

Greek Green Beans

Peas

Green beans

Roasted Carrots

Carrot Batons

Baked beans

carbs

FUEL FOOD

Garlic Focaccia
(G)

Savoury Rice

Waffle Fries

Garlic Focaccia
(G)

Oven Baked Chips

Dessert

SOMETHING SWEET

Ice Sponge Cake with Rainbow Sprinkles
(G,E,Mk)

Apple Cake
(G,E)

Fruit Jelly

Oat and Orange Cookie
(G,E)

Fresh Fruit Platter

Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

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Dates
WC 27th April, 18th May, 15th June, 6th July

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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

