

WEEK 1

8th & 29th Jan, 26th Feb,
18th March

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Roast chicken
thigh

Beef Bolognese

Honey glazed
gammon

Fried chicken
noodles
(G)

Battered fish
(G, F)

Veggie
MEAT FREE

Piri Piri vegetables

Vegetable & lentil
Bolognese
(Mc: G)

Tomato & bean
crumble (G)

Fried vegetable
noodles (G)

Vegetable pasty
(G, E)

veg
EXTRA GOOD

Green beans
Courgettes

Sweetcorn
Broccoli

Carrots
Parsnips

Cabbage
Cauliflower

Baked beans
Garden peas

Carbs
FUEL FOOD

Steamed Rice

Penne Pasta (G)

Mashed potato
(Mk)

Noodles (G)

Chips

Dessert
SOMETHING SWEET

Toffee drizzle
flapjack
(G, Mk)

Peach yoghurt
(Mk)

Fresh fruit salad

Raspberry jelly

Double chocolate
sponge &
chocolate sauce
(G, E, Mk, So)

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

Green

JANUARY

Brain Food Month

Purple

FEBRUARY

9th - Chinese New Year

Red
march

4-8th - British Pie Week
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

ALLERGENS

Mc = May Contain

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

15th Jan, 5th Feb
4th & 25th March

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken tikka
Masala
Mint Raita (Mk)

Sausage & bean
Hotpot
(G, Su)

Roast turkey
Cranberry stuffing
(G)
Gravy

Oven baked
Lasagne
(G, Mk)

Peperoni Pizza
(G, Mk)

Veggie
MEAT FREE

Aubergine &
coconut Dhal
(Mc: G)

Sweet potato &
bulgur wheat stew
(G)

Tomato tarte tatin
(G)

Layered vegetable
pasta bake
(G, Mk)

Margherita pizza
(G, Mk)

veg
EXTRA GOOD

Sweetcorn
Cauliflower

Roasted peppers
Courgettes

Carrots
Broccoli

Mediterranean
vegetables

Southern style
beans
Crunchy slaw (E)

Carbs
FUEL FOOD

Pilau rice

Mashed potato
(Mk)

Roasted potatoes

Garlic Focaccia (G)

Skin on Fries

Dessert
SOMETHING SWEET

Marble cake
(G, E, Mk, So)

Strawberry jelly

Fresh fruit salad

Strawberry
yoghurt (Mk)

Bread & butter
pudding
(G, E, Mk, So)

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

Green
JANUARY
Brain Food Month

Purple
FEBRUARY
9th - Chinese New Year

Red
MARCH

4-8th - British Pie Week
15th - Red Nose Day

Orange
APRIL
23rd - St George's Day

ALLERGENS

Mc = May Contain

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 3

22nd Jan, 19th Feb
11th & 25th March

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Savoury minced
beef

Sweet & sour
turkey

Baked chicken
with gravy

Cottage pie
topped with
cheesy mash (Mk)

Fish fingers (F, G)

Veggie
MEAT FREE

Vegetable & lentil
stew
(Mc: G)

Sweet & sour
stir-fried
vegetables

Southern baked
sweet potato
(G)

Vegetarian cottage
pie with mashed
potato (Mk, G)

Veggie burger in a
bun with all the
trimmings
(G, Mc: Se)

veg
EXTRA GOOD

Sweetcorn

Beansprouts

House slaw

Braised cabbage

Baked beans

Roasted peppers

Courgettes

Green beans

Broccoli

Garden peas

Carbs
FUEL FOOD

Rice

Noodles (G)

Seasoned potato
wedges

Mashed potato
(Mk)

French fries

Dessert
SOMETHING SWEET

Chocolate brownie
(G, E, So)

Orange jelly

Fresh fruit salad

Fruits of the forest
yoghurt (Mk)

Jam Roly-poly &
custard (G, E, Mk)

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

Green

JANUARY

Brain Food Month

Purple

FEBRUARY

9th - Chinese New Year

Red
march

4-8th - British Pie Week
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

ALLERGENS

Mc = May Contain

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



AFTER SCHOOL WRAP AROUND MENU

Eat the
Rainbow

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage roll (G, Mk, So, Su) Cucumber Batton	Tuna & cheese Panini (F, G, Mk) Crudites	Toasted raisin bagel (G, Mc: Se) Sliced banana Cucumber	Pitta bread fingers Houmous (G, Su) Carrots sticks & peppers	Cheese & ham wraps (G, Mk) Cherry tomatoes

Week 2

Toasted bagel Cream cheese topping (G, Mk, Mc: Se) Sliced apple	Chicken Mayonnaise wraps (G, E) Cucumber	Crumpets (G, Mc: Mk, So) Jam selection Orange segments	Cheese & tomato Panini (G, Mk) Crudites	Sausage roll (G, Mk, So, Su) Cherry tomato
---	---	---	--	--

Week 3

Chicken & cheese Panini (G, Mk) Pepper sticks	Tuna mayonnaise/ Cheese wrap (G, E, Mk, F) Cherry tomato	Sausage roll (G, Mk, So, Su) Vegetable sticks	Cheese and herb scone (G, Mk) Dairy free butter Carrots & cucumber	Chicken nuggets (G, Ce) Grated carrots Raisins (Su)
--	---	---	---	--

Whole fresh fruit available daily

Green

JANUARY

Brain Food Month

Purple

FEBRUARY

9th - Chinese New Year

Red

MARCH

4-8th - British Pie Week
15th - Red Nose Day

Orange

APRIL

23rd - St George's Day

ALLERGENS

Mc = May Contain

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

