

WEEK 1

WC 22th April, 13th May,
10th June and 1st July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken ,sweet
peppers and
baby potato tray
bake
(none)

Penne pasta bake with
roasted vegetables &
tomato sauce
(G, Ce)
Gluten free penne
available

Turkey mince with
fluffy potato
(none)

Thai coconut chicken
curry
(none)

Fish Fingers
(F,G)
GF fish fingers
available

Veggie
MEAT FREE

Quorn, sweet
peppers and
baby potato tray
bake
(E)

Vegan Gluten free Penne
pasta bake with roasted
vegetables & tomato
sauce
(Ce)

Vegan mince with
fluffy potato
(So)

Sweet and potato
and vegetable
coconut curry
(none)

Vegetarian fingers
(G)
GF veggie fingers
available

veg
EXTRA GOOD

Steamed broccoli
Carrots

Sweetcorn
Green beans

Roasted Carrots
Peas

Roasted Cauliflower
Green Beans

Garden Peas
Baked Beans

Carbs
FUEL FOOD

Steamed new
potatoes

Garlic bread
(G, Mk, So)

Basmati rice
(none)

Oven Baked Chips

Dessert
SOMETHING SWEET

Vegan & gluten
free chocolate
cake
(none)

Jelly
Or
Fresh cut fruit
(None)

Yoghurt pots
(Mk, So)
Or
Fresh cut fruit

Coconut sponge
(G, E)

Ice cream
(Mk,So)
or
Fresh cut fruit

Jacket Potatoes, salad bar, fresh bread 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

WC 29th April, 20th May,
17th June and 8th July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Turkey chilli con
carne
(None)

Roasted tomato, basil and
seasonal vegetables with
spaghetti
(G)
Gluten free spaghetti
available

Chicken Korma
with mango
chutney
(None)

Pepperoni Pizza with
mozzarella cheese
(G, Mk)
GF pizza available

Breaded cod fillet
(G, F)
with Tartar Sauce
(E, Mu)
**GF fish fingers
available**

Veggie
MEAT FREE

Vegan chili con
carne
(So)

Roasted tomato, basil and
seasonal vegetables with
spaghetti
(G)
Gluten free spaghetti
available

Vegan
chickpea and
sweet potato
curry
(none)

Roasted vegetable
Pizza
(G, Mk)
GF pizza available

Vegetarian fingers
(G)
**GF veggie fingers
available**

veg
EXTRA GOOD

Green Beans
Cauliflower

Broccoli
Sweetcorn

Carrots
Broccoli

Classic Coleslaw
(E)

Baked Beans
Peas

Carbs
FUEL FOOD

Steamed rice

Garlic focaccia
(G)

Basmati rice

Oven Baked
Potato Wedges

Oven Baked Chips

Dessert
SOMETHING SWEET

Orange and poppy
seed cake
(G,E)

Jelly
Or
Fresh cut fruit

Yoghurt pots
(Mk,So)
Or
Jelly

Vegan carrot Cake
(G)

Ice cream
(Mk, So)
or
Fresh cut fruit

Jacket Potatoes, salad bar, fresh bread 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 3

WC 6th May, 3rd June, 24th June

MENU

Eat the **Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken Katsu curry
(so)

Mac `n` Cheese
(G, Mk)

Roast turkey
(none)
with stuffing and
Gravy
(G)

Chicken sausages
served with onion gravy
(G, Su)

Fish Fingers
(G, F)
GF fish fingers
available

Gluten free available

Veggie
MEAT FREE

Quorn Katsu curry
(E, So)

Vegan and GF
macaroni pasta
Arrabiata
(None)

Quorn rolls with
Gravy
(E, Mk)

Vegetarian sausages
with onion gravy
(G)

Vegetarian fingers
(G)

GF veggie fingers
available

veg
EXTRA GOOD

Sweetcorn
Mixed greens

Garden peas
Broccoli

Roasted cauliflower
Carrots

Baked beans
Green beans

Baked Beans
Garden peas

Carbs
FUEL FOOD

Basmati rice

Focaccia fingers
(G)

Roasted Potatoes

Creamy mashed potato
(Mk)

Oven Baked Chips

Dessert
SOMETHING SWEET

Vegan and GF
chocolate brownie
(None)

Jelly
Or
Fresh cut fruit

Greek yoghurt pots
(Mk, So)
Or
Fresh cut fruit

Pineapple Cake with
custard
(G, E, Mk)

Ice cream
(Mk, So)
or
Fresh cut fruit

Jacket Potatoes, salad bar, fresh bread 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

