

MENU

week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

JANUARY LEEKS
FEBRUARY PARSNIPS
MARCH KALE
APRIL NEW POTATOES

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

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

Monday Tuesday Wednesday Thursday Friday

Mains
HAPPY TUMS

Baked Pork & Leek Sausages with Onion Gravy (G,Su)	Beef Bolognaise Gnocchi with Ratatouille Sauce (G, E, MK, Mu, So)	Roast Turkey with Sage Onion Stuffing (G) and Pan Gravy Seasonal Vegetable & Lentil Wellington (G, E)	Sticky BBQ Chicken Sticky BBQ Eat Curious Pieces	Fish Fingers (G,F) or Vegetable Fingers (G) with Lemon Wedges, Tomato Ketchup or Tartare Sauce (E)
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veg
EXTRA GOOD

Steamed Green Beans Parsley Carrots	Courgettes with Oregano Steamed Carrots	Green Cabbage & Kale Honey & Thyme Roasted Roots	Cauliflower Florets Steamed Sweetcorn	Garden Peas Baked Beans
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carbs
FUEL FOOD

Roasted New Potatoes	Spaghetti (G)	Skin on Roasties	White and Wholegrain Rice	Oven Baked Chips Steamed New Potatoes
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Dessert
SOMETHING SWEET

Pear & Fruits of the Forest Traybake (G, E, Mk)	Fresh Sliced Fruit & Yogurt (Mk, So)	Pear Rice Pudding Pots with Chocolate (Mk)	Fresh Sliced Fruit & Yogurt (Mk, So)	Chocolate Brownie (G, E, Mk)
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EYFS Dessert

Sliced Fresh Fruit Yoghurt (Mk, So)	Sliced Fresh Fruit Yoghurt (Mk, So)	Pear Rice Pudding Pots (Mk)	Sliced Fresh Fruit Yoghurt (Mk, So)	Sliced Fresh Fruit Yoghurt (Mk, So)
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Daily
AVAILABLE EVERYDAY

Creamy Mushroom Pasta (Mk, G) Plain Pasta available (G) Accent Focaccia (G)	Jacket Potato with Baked Beans Plain Pasta available (G) Garlic Focaccia (G)	Penne Pasta with a Tomato and Basil Sauce (G) Plain Pasta available (G) Daily Bread (G)	Jacket Potato with Baked Beans Plain Pasta available (G) Seeded Bloomer (G)	Green Pesto and Rocket Pasta (G, Mk) Plain Pasta available (G) Accent Focaccia (G)
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Dates

05/01/26, 26/01/26,
23/02/26, 09/03/26, 16/03/26

Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soya
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

MENU

Week 2



THE FRESH LITTLE ALLIOTMENT
SEASONALLY FRESH, PERFECTLY PICKED



Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

EYFS Dessert

Daily
AVAILABLE EVERYDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Jacket Potato with a Choice of Toppings: Tuna, Cheese or Beef Bolognese and Sides Coleslaw, Sweetcorn or Baked Beans	Herby Italian Pork & Beef Meatballs in a Rich Tomato Sauce (G) Veggie Bolognese	Lemon & Herb Chicken with Sage & Onion Stuffing (G) and Gravy Roasted Vegetable & Bean Crumble (G,Mk)	Pepperoni Focaccia (G, Mk) Roasted Vegetable Focaccia (G, Mk)	Fish Fingers (G,F) or Vegetable Fingers (G) with Lemon Wedges, Tomato Ketchup or Tartare Sauce (E) Or Smoky BBQ Vegetable Fajita (G, E, Mk)
veg	Chef's Garden Salad	Steamed Sweetcorn Curly Kale	Steamed Spring Greens Honey Glazed Carrots	Roasted Vegetable Focaccia (G, Mk)	Baked Beans Garden Peas
carbs	Crispy Chickpea Salad	Spaghetti (G)	Skin on Roast Potatoes	Garlic Focaccia (G)	Baked Oven Chips Steamed New Potatoes
Dessert	Lemon and Thyme Shortbread (G)	Fresh Sliced Fruit & Yogurt (Mk, So)	Oaty Apple Crumble with Custard (G, Mk, So, E)	Fresh Sliced Fruit & Yogurt (Mk, So)	Chocolate Marble Cake (G, E, Mk)
EYFS Dessert	Sliced Fresh Fruit Yoghurt (Mk, So)	Sliced Fresh Fruit Yoghurt (Mk, So)	Oaty Apple Crumble (G, Mk, So, E)	Sliced Fresh Fruit Yoghurt (Mk, So)	Sliced Fresh Fruit Yoghurt (Mk, So)
Daily	Penne Pasta with a Tomato and Basil Sauce (G) Plain Pasta available (G) Daily Bread (G)	Jacket Potato with Baked Beans Plain Pasta available (G) Garlic Focaccia (G)	Jacket Potato with Baked Beans Plain Pasta available (G) Daily Bread (G)	Wholemeal Pasta Bake Roasted Vegetables & Basil (G) Plain Pasta available (G) Seeded Bloomer (G)	Jacket Potato with Baked Beans Plain Pasta available (G) Accent Focaccia (G)

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

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Dates
12/01/26, 02/02/26,
02/03/26, 23/03/26

Allergens

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

MENU

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains
HAPPY TUMS

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

EYFS Dessert

Daily
AVAILABLE EVERYDAY

Monday	Tuesday	Wednesday	Thursday	Friday
Stir Fry Chicken with Peppers (G,C,Mu,So) Cauliflower Popcorn Bites with Sweet Chilli (G,E,Mk,So)	Beef Ragu Pasta Pasta with Creamy Cheese (G, Mk) or Tomato & Basil Sauce	Roast Pork Served with Apple Sauce and Gravy Bean & Chickpea Patty with Gravy (G,E)	Crispy Katsu Chicken with Mild Curry Sauce (G, E, So) Crispy Tofu Katsu (G,E,So) with Mild Curry Sauce (G,So)	Fish Fingers (G,F) or Vegetable Fingers (G) with Lemon Wedges, Tomato Ketchup or Tartare Sauce (E) Sweet Potato & Carrot Falafel(G, Su)
Roasted Root Vegetables Peas	Green Beans Steamed Sweetcorn	Steamed Curly Kale Roasted Carrots	Steamed Broccoli Sautéed Leeks	Garden Peas Baked Beans
Egg Noodles (G, E)	Choice of Pasta (G)	Thyme Roast Skin on Potatoes	Steamed Rice	Baked Oven Chips Steamed New Potatoes
Jamaican Ginger Cake (G, E, Mk)	Sliced Fresh Fruit Yoghurt (Mk, So)	Blueberry and Banana Wholemeal Cake (G, Mk, E)	Sliced Fresh Fruit Yoghurt (Mk, So)	Crispy Orange Biscuit (G)
Sliced Fresh Fruit Yoghurt (Mk, So)	Sliced Fresh Fruit Yoghurt (Mk, So)	Blueberry and Banana Wholemeal Cake (G, Mk, E)	Sliced Fresh Fruit Yoghurt (Mk, So)	Sliced Fresh Fruit Yoghurt (Mk, So)
Creamy Lemon Cabbage Pasta with Garlic Crumbs (G, Mk, So) Plain Pasta available (G) Herb Focaccia (G)	Jacket Potato with Baked Beans Plain Pasta available (G) Daily Bread (G)	Penne Pasta with Tomato and Basil Sauce (G) Plain Pasta available (G) Herb Focaccia (G)	Jacket Potato and Baked Beans Plain Pasta available (G) Garlic Focaccia (G)	Coriander Pesto Pasta (G) Plain Pasta available (G) Daily Bread (G)

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FEBRUARY PARSNIPS

MARCH KALE

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Dates
19/01/26, 09/02/26,
09/03/26

Allergens

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E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide