

WEEK 1 MENU

Spring

'Made Without' Menu

All dishes are made without Gluten, Milk and Eggs. Vegan options available daily.
 Week Commencing: 05/01/26, 26/01/26, 09/03/26, 16/03/26



	MON	TUES	WED	THUR	FRI
Mighty Mains	Gluten Free Pork Sausage with Gravy (Su) or Plant Based and Gluten Free Sausage with Gravy	Beef Bolognise or Ratatouille Sauce	Roast Turkey with Gravy or Eats Curious Vegan Cottage Pie	Sticky BBQ Chicken or Sticky BBQ Eat Curious Pieces	Gluten Free Fish Fingers (F) or Gluten Free Kale & Spinach Pasta
Garden Goodness Sides	Steamed Green Beans Parsley Carrots	Courgettes with Oregano Steamed Carrots	Green Cabbage and Kale Honey and Thyme Roasted Roots	Cauliflower Florets Steamed Sweetcorn	Garden Peas Baked Beans
Energy Boosters	Roasted New Potatoes	Gluten Free Penne Pasta	Skin-On Roasties	White and Wholegrain Rice	Baked Oven Chips Or Steamed New Potatoes
Pudding	Gluten Free Vegan Shortbread	Fresh Sliced Fruit or Coconut Yoghurt	Vegan Mixed Berry Fool	Fresh Sliced Fruit or Coconut Yoghurt	Gluten Free Vegan Chocolate Brownie

Allergen Information

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



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

WEEK 2 MENU

Spring

'Made Without' Menu

All dishes are made without Gluten, Milk and Eggs. Vegan options available daily.
 Week Commencing: 12/01/26, 02/02/26, 02/03/26, 23/03/26



	MON	TUES	WED	THUR	FRI
Mighty Mains	Jacket Potato Bar With a Choice of Toppings Tuna (F) Vegan Cheese Beef Bolognaise And a Choice of Sides Vegan Coleslaw Baked Beans Sweetcorn	Herby Italian Pork & Beef Meatballs in a Rich Tomato Sauce or Veggie Bolognaise (So)	Lemon & Herb Chicken with Gravy or Vegan Roasted Vegetable Gluten Free Crumble	Pizza Day Gluten Free Vegan Margherita Pizza	Chicken Fajita Gluten Free Wrap or Vegetable Fajita Gluten Free Wrap
Garden Goodness Sides	Chef's Garden Salad	Sweetcorn Broccoli Florets	Steamed Spring Greens Honey Glazed Carrots	Steamed Sweetcorn Garden Salad	Baked Beans Garden Peas
Energy Boosters	Crispy Roasted Chickpea Salad	Gluten Free Penne Pasta	Skin On Potatoes	Baked Potato Wedges	Baked Oven Chips Or Rice
Pudding	Gluten Free Vegan Shortbread	Fresh Sliced Fruit or Coconut Yoghurt	Gluten Free Vegan Apple Crumble Pot	Fresh Sliced Fruit or Coconut Yoghurt	Gluten Free Vegan Chocolate Cake

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WEEK 3 MENU

Spring

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 Week Commencing: 19/01/26, 09/02/26, 09/03/26



	MON	TUES	WED	THUR	FRI
Mighty Mains	Honey and Ginger Chicken Stir Fry or Bang Bang Cauliflower Steaks	Pasta Bar Beef Ragu Sauce or Tomato Basil Sauce	Roast Pork served with Apple Sauce and Gravy or Plant Based and Gluten Free Sausage with Gravy	Mild Caribbean Chicken Curry with Coconut Or Mild Caribbean Sweet Potato and Coconut Curry	Gluten Free Fish Fingers (F) or Gluten Free Veggie Bolognese Pasta Bake
Garden Goodness Sides	Roasted Root Vegetables Peas	Green Beans Steamed Sweetcorn	Steamed Curly Kale Roasted Carrots 	Steamed Broccoli Sauteed Leeks	Garden Peas Baked Beans
Energy Boosters	Steamed Rice	Gluten Free Penne Pasta	Skin-On Roasties	Steamed Rice	Baked Oven Chips Or Steamed New Potatoes 
Pudding	Gluten Free Vegan Shortbread	Fresh Sliced Fruit or Coconut Yoghurt	Gluten Free and Vegan Chocolate Cake	Fresh Sliced Fruit or Coconut Yoghurt	Gluten Free Crispy Orange Biscuit

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