

# WEEK 1

Week Commencing:  
2<sup>nd</sup> January, 23<sup>rd</sup> January,  
20<sup>th</sup> February and 13<sup>th</sup> March

# MENU

# Eat the Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b> HAPPY TUMS	Cajun chicken thigh in a peri peri sauce <b>(G,Mu,Su)</b>	Margherita Focaccia Pizza <b>(G,E,Mk)</b>	Roast turkey, Yorkshire pudding and roast gravy <b>(G,E,Mk)</b>	Chinese chicken stir fry <b>(G,So,Mu,E,Ce)</b>	Breaded fish fingers <b>(G,F)</b> or Battered pollock fillet <b>(G,F)</b>
<b>Veggie</b> MEAT FREE	Roasted vegetable and bean burger with coleslaw <b>(G,Se,E)</b>	Roasted Vegetable Focaccia Pizza <b>(G,E,Mk)</b>	Veggie chilli <b>(G)</b>	Chinese vegetable stir fry <b>(G,So,Mu,E,Ce)</b>	Vegetable samosa <b>(G,Mu)</b>
<b>veg</b> EXTRA GOOD	Roasted carrots Peas	Baked Beans Leeks	Green beans Sauteed cabbage	Sweetcorn Broccoli	Baked beans Garden peas
<b>Carbs</b> FUEL FOOD	Savoury rice	Jacket potato wedges	Roast potatoes	Egg noodles <b>(E,G)</b>	Baked oven chips
<b>Dessert</b> SOMETHING SWEET	Fresh Fruit and Yoghurts <b>(Mk)</b>	Chocolate Marble Cake <b>(G,Mk,E)</b>	Fresh Fruit and Yoghurts <b>(Mk)</b>	Lemon Drizzle Cake <b>(G,Mk,E)</b>	Fresh Fruit and Yoghurts <b>(Mk)</b>

Jacket Potatoes, salad bar and fresh fruit available daily.

## Green

JANUARY

19th - Outer Space Day

## Purple

FEBRUARY

21st - Pancake Day

## Red

MARCH

6th - World Book Day

## Orange

APRIL

24th - St George's Day

### 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

Week Commencing:

9<sup>th</sup> January, 30<sup>th</sup> January,  
27<sup>th</sup> February and 20<sup>th</sup> March

# MENU

# Eat the Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b> HAPPY TUMS	Beef burger in a bun (G,Su,So,Se)	BBQ chicken wrap (G,Mu,Mk)	Roast chicken thigh served with Yorkshire pudding and roast gravy (G,E,Mk)	Baked Lasagne (G,Mk,E)	Breaded fish fingers (G,F) Battered pollock fillet (G,F)
<b>Veggie</b> MEAT FREE	Veggie burger in a bun (G,Se)	BBQ vegetable wrap (G,Mu,Mk)	Chinese vegetables with noodles (G,So,E)	Vegetable Lasagne (G,So,Mk,E)	Cheese and tomato puff pastry slice (G,Mk,E)
<b>veg</b> EXTRA GOOD	Chef's salad  Sweetcorn	Green beans  Roasted cauliflower	Carrots  Broccoli	Leeks  Sweetcorn	Baked beans  Garden peas
<b>Carbs</b> FUEL FOOD	Potato wedges	Savoury rice	Roast new potatoes	Garlic Bread (G,So,Mk)	Baked oven chips
<b>Dessert</b> SOMETHING SWEET	Fresh Fruit and Yoghurts (Mk)	Apple and Raisin Sponge (G,Mk,E)	Fresh Fruit and Yoghurts (Mk)	Shortbread Biscuit (G,Mk)	Fresh Fruit and Yoghurts (Mk)

Jacket Potatoes, salad bar and fresh fruit available daily.

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19<sup>th</sup> - Outer Space Day

## Purple

### FEBRUARY

21<sup>st</sup> - Pancake Day

## Red

### MARCH

6<sup>th</sup> - World Book Day

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## WEEK 3

Week Commencing:  
16<sup>th</sup> January, 6<sup>th</sup> February, 6<sup>th</sup>  
March and 27<sup>th</sup> March

# MENU

# Eat the Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b> HAPPY TUMS	Chicken and nacho bake (G,Mu,Mk)	Cottage pie with gravy (G,Su,So,Mk,Ce)	Roast turkey, Yorkshire pudding and roast gravy (G,E,Mk)	Meatballs with tomato sauce and basil served penne pasta (G)	Breaded fish fingers (G,F) Battered pollock fillet (G,F)
<b>Veggie</b> MEAT FREE	Vegetable and nacho bake (G,Mu,Mk)	Veggie mince cottage pie (G,So,Ce)	Tomato and basil risotto (Mk)	Macaroni cheese (G,Mk,So)	Mushroom risotto (Mk,Ce)
<b>veg</b> EXTRA GOOD	Green beans Broccoli	Carrots Baked beans	Broccoli Sweetcorn	Green beans Cauliflower	Baked beans Garden peas
<b>Carbs</b> FUEL FOOD	Mashed potato (Mk)		Roast potatoes	Garlic Bread (G,So,Mk)	Baked oven chips
<b>Dessert</b> SOMETHING SWEET	Fresh Fruit and Yoghurts (Mk)	Flapjack (G,Mk)	Fresh Fruit and Yoghurts (Mk)	Chocolate Brownie (G,E,Mk)	Fresh Fruit and Yoghurts (Mk)

Jacket Potatoes, salad bar and fresh fruit available daily.

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