

Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MARCH SPINACH

5th - World Book Day

APRIL NEW POTATOES

23rd - St George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

3rd - 11th Environment Week

JULY MINT

7th - Wimbledon Day

MON

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Beef pasta with
Cheese top
(G,MK)

Chicken sausage with
Yorkshire pudding
(G,E,Mk,SU)

Savoury minced
Beef pie with
Pastry top
(G)

Chicken pizza
(G,Mk)

Cod fish fingers
Tartare sauce and
Lemon wedges
(G,Su,F,E)

Veggie
MEAT FREE

Macaroni cheese
(G,Mk)

Quorn sausage with
Yorkshire pudding
(G,MK,E)

Cheese and onion
whirl
(G,Mk)

Cheese and tomato
pizza
(G,Mk)

Veggie fish fingers
(G)

veg
EXTRA GOOD

Peas
Carrots

Sweetcorn
Green beans

Leeks
Cabbage

Mixed salad

Garden peas
Baked beans

carbs
FUEL FOOD

Garlic bread
(G,MK)

Mashed potato
(Mk)

Roast potatoes

Curly fries
(G)

Baked oven chips

Dessert
SOMETHING SWEET

Watermelon

Jelly

Yoghurt
(So,Mk)

Jelly

Chocolate chip sponge
(G,So,Mk,E)

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

DATES

3rd May, 24th May,
21st June, 12th July

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

NOTICE

Please note our
meat options
are **NOT** halal

Menu

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

mon

TUES

WED

THU

FRI

Mains
HAPPY TUMS

Beef wraps
(G)

Turkey burger
In a bun
(G)

Roast chicken
With pan gravy

Chicken tikka pizza
(G,Su,Mk)

Jumbo fish finger
Tartare sauce and
lemon wedges
(G,Mu,F,E,Mk)

Veggie
MEAT FREE

Vegetable wraps
(G)

Quorn burger
In a bun
(E,G,MK)

Roast quorn
With pan gravy
(E,Mk)

Vegetable pizza
(G,Mk)

Vegetable burger
(G)

veg
EXTRA GOOD

Rainbow slaw
(E)
peas

Sweetcorn

broccoli
Steamed carrots

peppers
Sweetcorn

Garden peas

carbs
FUEL FOOD

Rice and peas

Hash browns

Roast potatoes

Potato wedges

Baked oven chips
Spaghetti hoops
(G)

Dessert
SOMETHING SWEET

Watermelon

Jelly

Yoghurt
(Mk,So)

Jelly

Shortbread biscuit
(G,Mk)

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

MARCH
SPINACH

5th - World Book Day

APRIL
NEW
POTATOES

23rd - St George's Day

MAY
BASIL

5th - Europe Day

JUNE
BEETROOT

3rd - 11th Environment Week

JULY
MINT

3rd - Wimbledon Day

DATES

19th April, 10th May,
7th June, 28th June, 19th July

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

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Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MARCH SPINACH

5th - World Book Day

APRIL NEW POTATOES

23rd - St George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

3rd - 11th Environment Week

JULY MINT

7th - Wimbledon Day

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

mon

TUES

WED

THU

FRI

Turkey meatball sub
(G,So)

Beef cheese burger
(G,Mk,Su)

Roast Norfolk turkey
with stuffing & gravy
(G,Su,Mk)

Chicken pizza
(G,Mk)

Cod fish fingers
Tartare sauce and
lemon wedges
(G,Su,F,E)

BBQ Quorn sub
(G,E)

Vegetarian burger
With cheese
(G,Mk)

Roast quorn with
Stuffing & gravy
(G,E,Mk,SU)

Cheese & tomato
pizza
(G,Mk)

Veggie fish fingers
(G)

Rainbow slaw
Sweetcorn
(E)

Mixed salad

Broccoli
Carrots

Sweetcorn
Green Beans

Garden peas
Baked beans

Hash browns

Seasoned herb
wedges

Thyme roast potatoes

Curly fries
(G)

Baked oven chips

Watermelon

Jelly

Yoghurt
(So,Mk)

Jelly

Lemon sponge
(G,Su,Mk,E)

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

DATES

26th April, 17th May,
14th June, 5th July

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

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