



# Menu

## Week 1



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Mains

HAPPY TUMS

Chicken Curry  
(Mk,So)

Pepperoni Pizza  
(G,Mk)

Chicken Sausage  
Rolls with Gravy  
(G,E,Su)

Pasta Bar (G)  
Beef Bolognese  
Tomato sauce  
Nut free Basil  
Pesto  
(Mk)

Fish Fingers  
(G,F)  
or  
Salmon Fishcake  
(G,F)

### Veggie

MEAT FREE

Chickpea Curry  
(Mk,So)

Margherita Pizza  
(G,Mk)

Vegan Mince  
Sausage Roll with  
Gravy  
(G,so)

Pasta Bar (G)  
Vegan Bolognese  
Tomato sauce  
Nut free Basil  
Pesto  
(Mk)

Vegetable Fingers  
(G)

### veg

EXTRA GOOD

Sweetcorn

Peas

Leek and Cabbage

Olives

Peas

Cauliflower

Diced Carrots

Butternut Squash

Cheese  
(Mk)

Baked beans

### carbs

FUEL FOOD

50/50 Rice

Potato Wedges

New Potatoes

Parsley and Mint  
Focaccia  
(G)

Chips

### Dessert

SOMETHING SWEET

Fresh Fruit Platter

Apple Crumble  
(G)

Fruit Jelly

Banana and Raisin  
Cookie  
(G,E)

Beetroot  
Chocolate Cake  
(G,E,Mk,So)

*Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.*

APRIL  
NEW  
POTATOES

MAY  
BASIL

JUNE  
BEETROOT

JULY  
MINT

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

### Dates

13/04/26, 11/05/26,  
15/06/26 and 13/07/26

**Allergens:** Please note the allergens shown within these menus are subject to change.

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

Se = Sesame Seeds

Cr = Crustacean

G = Cereals

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide





# Menu

## Week 2



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday      Tuesday      Wednesday      Thursday      Friday

### Mains

HAPPY TUMS

Fusilli Bolognaise (G,Mk)	Chicken and Sweetcorn Quesadilla (G,Mk)	Moroccan Style Chicken (G)	<u>Jacket Potato Bar:</u> Chicken Sausage (G,Su) Baked Beans Pepperoni and Cheese (Mk,Mu,So)	Fish Fingers (G,F) or Salmon Fishcake (G,F)
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### Veggie

MEAT FREE

Macaroni and Cheese (G,Mk,So)	Cheesy Beans and Sweetcorn Quesadilla (G,Mk)	Moroccan Vegan Plantballs (G,So)	<u>Jacket Potato Bar:</u> Baked Beans and Cheese (Mk) Margherita Topping (Mk)	Vegetable Fingers (G)
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### veg

EXTRA GOOD

Choose from our delicious Salad Bar	Broccoli	Butternut Squash	Sliced Carrots	Peas
	Buffalo Beans	Green Beans	Sweetcorn	Baked beans

### carbs

FUEL FOOD

Beetroot Focaccia (G)	Waffle Fries	New Potatoes		Chips
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### Dessert

SOMETHING SWEET

Fresh Fruit Platter	Apricot Sponge Cake (G,E,Mk,Su,So)	Fruit Jelly	Vanilla Biscuit (G)	Marble Cake (G,E)
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*Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.*

**APRIL NEW POTATOES**

**MAY BASIL**

**JUNE BEETROOT**

**JULY MINT**

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### Dates

20/04/26, 18/05/26 and 22/06/26

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- |                 |                               |               |              |                      |
|-----------------|-------------------------------|---------------|--------------|----------------------|
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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

Monday      Tuesday      Wednesday      Thursday      Friday

### Mains

HAPPY TUMS

Chicken Meatballs in Tomato Sauce	Pork and Leek Sausage Hot Dog (G,Su,Se,So)	Roast Chicken, Yorkshire Pudding and Gravy (G,E,Mk)	Pasta Bar (G) Beef Bolognese Tomato sauce Nut free Basil Pesto (Mk)	Fish Fingers (G,F) or Salmon Fishcake (G,F)
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### Veggie

MEAT FREE

Plant Balls in Tomato Sauce (So)	Vegetable Sausage Hot Dog (G,So,Se)	Roasted Mediterranean Veg Filo Pie (G)	Pasta Bar (G) Vegan Bolognese Tomato sauce Nut free Basil Pesto (Mk)	Vegetable Fingers (G)
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### veg

EXTRA GOOD

Choose from our delicious salad bar	Tomato and Onion Salad (Su) Broccoli	Roasted Carrots Green Beans	Greek Green Beans Carrot Batons	Peas Baked beans
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### carbs

FUEL FOOD

Wholemeal Penne (G)	Sweet Potato Roasties	Roast New Potato	Garlic Focaccia (G)	Chips
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### Dessert

SOMETHING SWEET

Fresh Fruit Platter	Apple Cake (G,E)	Fruit Jelly	Oat and Orange Cookie (G,E)	Iced Sponge Cake (G,E,Mk)
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*Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.*

**APRIL NEW POTATOES**

**MAY BASIL**

**JUNE BEETROOT**

**JULY MINT**

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### Dates

27/04/26, 01/06/26 and 29/06/26

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- E = Eggs
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- Su = Sulphur Dioxide





# Menu

## Week 4



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

**Mains**  
HAPPY TUMS

**Monday**

Jacket Potato Bar:  
Chicken Sausage  
(G,Su)  
Baked Beans  
Pepperoni and  
Cheese  
(Mk,Mu,So)

**Tuesday**

Fusilli Pasta With  
Lamb Mince  
(G)



**Wednesday**

Gratin Chicken  
with Spinach and  
Tomato  
(G,Mk)

**Thursday**

Pepperoni Pizza  
(G,Mk)

**Friday**

Fish Fingers (G,F)  
or  
Salmon Fishcake  
(G,F)

**Veggie**  
MEAT FREE

Jacket Potato Bar:  
Baked Beans and  
Cheese  
Margarita Topping  
(Mk)

Fusilli Pasta Fresh  
Tomato and Vegan  
Mince  
(G,So)



Gratin Eat Curious  
Pieces with  
Spinach and  
Tomato  
(G,Mk)

Margherita Pizza  
(G,Mk)



Vegetable Fingers  
(G)

**veg**  
EXTRA GOOD

Cauliflower  
Sweetcorn

Choose from our  
delicious Salad Bar

Roasted Beetroot  
Roasted Carrots



Ratatouille  
Vegetables

Peas  
Baked beans

**carbs**  
FUEL FOOD

Choose from our  
delicious Salad Bar

New Potato  
Focaccia  
(G)



Savoury Rice

Potato Wedges

Chips

**Dessert**  
SOMETHING SWEET

Fruit Platter

Shortbread  
(G)

Fruit Jelly

Flapjack  
(G)

Lemon Drizzle  
Cake  
(G,E)

*Jacket Potatoes, 'Allergen Free' Salad Bar, Cold Desserts and Fresh Fruit are available daily.*

**APRIL  
NEW  
POTATOES**

**MAY  
BASIL**

**JUNE  
BEETROOT**

**JULY  
MINT**

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**Dates**

04/05/26, 08/06/26 and  
06/07/06

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