





Week 1

# MENU

mindful  
**food**  
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Mild chicken curry 	Mild chilli con carne with rice (Mu) 	Roast chicken and roast gravy 	Beef lasagne (G,Mk) 	Breaded fish fingers (G,F)
<b>VEGGIE</b> MEAT FREE	Vegetable and Quorn curry (E)	Margherita pizza (G,So,Mk)	Lentil roast with veggie gravy (Mu,G,Ce)	Roasted vegetable lasagne (G,Mk)	Gnocchi with tomato sauce and mozzarella (G,So,Mk,E)
<b>VEG</b> EXTRA GOOD	Roasted carrots  Broccoli	Sweetcorn	Steamed cabbage Cauliflower	Green beans  Carrots	Baked beans  Garden peas
<b>CARBS</b> FUEL FOOD	Steamed Rice	Seasoned wedges	Roast potatoes	Garlic bread (G,So,Mk)	Baked oven chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit	Banana cake with chocolate sauce (G,Mk,E)	Lemon drizzle cake (G,Mk,E)	Rice krispie cake (G,So,Mk)	Fresh fruit (G,Mk)

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



**JANUARY OATS**  
20th - Hungry Caterpillar Day

**FEBRUARY EGGS**

**MARCH BULGUR WHEAT**  
3rd - World Book Day

**APRIL PUMPKIN SEEDS**  
22nd - St. George's Day

## Dates

04/01/22, 24/01/22, 21/02/22,  
14/03/22, 18/04/22





## 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

# MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAINS</b> HAPPY TUMS	Chicken hot dog (G,Su,Se) 	Breaded chicken (G,E) 	Roast turkey, stuffing and roast gravy (G) 	Beef bolognaise 	Breaded fish fillet (G,F)
<b>VEGGIE</b> MEAT FREE	Vegetarian sausage hot dog (G,Su,So,Se,Mu)	Vegetable wrap (G,Mu,Mk)	Macaroni Cheese (G,Mk)	Soya Mince and lentil Bolognaise (So,G)	Cheddar Cheese and Leek Tart (G,Mk,E)
<b>VEG</b> EXTRA GOOD	Sweetcorn  Baked beans	Chef's salad  Sweetcorn	Carrots  Courgettes	  Broccoli	Baked beans  Garden peas
<b>CARBS</b> FUEL FOOD	Baked potato wedges	Half Jackets	Roast new potatoes	Penne pasta (G) Garlic bread (G,So,Mk)	Baked oven chips
<b>DESSERT</b> SOMETHING SWEET	Fresh fruit	Shortbread (G,Mk)	Chocolate sponge with chocolate custard (G,Mk,E)	Oaty cookie (G,Mk,E)	Fresh fruit

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

**JANUARY OATS**  
20th - Hungry Caterpillar Day

**FEBRUARY EGGS**

**MARCH BULGUR WHEAT**  
3rd - World Book Day

**APRIL PUMPKIN SEEDS**  
22nd - St. George's Day

## Dates

10/01/22, 31/01/22, 28/02/22,  
21/03/22

## Allergens

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





Week 3

# MENU

mindful  
**food**  
BOOST YOUR MIND

Monday      Tuesday      Wednesday      Thursday      Friday

## MAINS HAPPY TUMS

Beef burger in a bun (G,Se)       Peri Peri chicken (Su,E,G)       Chicken sausages (Su,E)       Chicken enchiladas (G,Mk,Mu)       Breaded fish fingers (G,F)

## VEGGIE MEAT FREE

Veggie burger in a bun (G,Se,E)      Peri Peri sweet potato steaks (Su,E,G)      Veggie sausages (Su,E)      Tomato and penne pasta bake with cheesy top (G,Mk)      Cheese and onion sausage roll (G,Mk,E)

## VEG EXTRA GOOD

Chef's salad      Sweetcorn      Peas      Broccoli      Baked beans  
Baked beans      Courgettes      Cauliflower      Carrots      Garden peas

## CARBS FUEL FOOD

Seasoned baked wedges      Savoury rice with peppers      Creamy mash (Mk)      New potatoes      Baked oven chips

## DESSERT SOMETHING SWEET

Fresh fruit      Fruity flapjack (G,Mk)      Carrot cake (G,Mk,E)      Pear sponge with custard (G,Mk,E)      Fresh fruit

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



**JANUARY OATS**  
20th - Hungry Caterpillar Day

**FEBRUARY EGGS**

**MARCH BULGUR WHEAT**  
3rd - World Book Day

**APRIL PUMPKIN SEEDS**  
22nd - St. George's Day

### Dates

17/01/22, 07/02/22, 07/03/22,  
28/03/22

### 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