

MENU

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Vegan Mince and Lentil Bolognese with Pasta
(G,So)

Lamb and Vegetable Curry with Mango Chutney
(Mu)

Roasted Chicken Meatballs with a Braised Leek and Onion Gravy

Beef, Bean and Eat Curious Chilli con Carne with Crushed Nachos
(So)

Baked Fish Fingers with Lemon Wedge and Tartare Sauce
(F,G,E,Mu)

Veggie

MEAT FREE

Wholemeal Macaroni Cheese with Leeks and Cheddar
(G,Mk)

West African Chickpea and Kale Curry with Mango Chutney
(Mk,Mu)

Vegan Plant Ball with a Braised Leek and Onion Gravy
(So)

Eat Curious and Bean Chilli non Carne with Crushed Nachos
(So)

Baked Vegetable Fingers with Lemon Wedge and Tartare Sauce
(G,E,Mu)

veg

EXTRA GOOD

Broccoli
Sliced Carrots

Cauliflower
Sweetcorn

Honey Glazed Parsnips
Green Beans

Braised Kale
Roasted Carrots

Garden Peas
Baked Beans

carbs

FUEL FOOD

New Potato Focaccia
(G)

Wholegrain and White Rice

Mashed Potato
(Mk)

Mexican Style Rice

Oven Baked Chips

Dessert

SOMETHING SWEET

Fruit Platter

Lemon Drizzle Cake
(G,E)

Fruity Jelly

Pear Crumble
(G)

Chocolate Cookie
(G,E,Mk)

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



JANUARY
LEEKS

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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



Dates

W/C 05/01/26, 02/02/26,
09/03/26, 20/04/26



Halal options are available every day

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

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

MENU

Week 2



THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Jacket Potato Bar:
Tuna Mayonnaise (F,E)
Chilli con Carne (G)
Beans and Cheese
(Mk)

Slow Cooked Chicken
Tacos with Cheese
(G,Mk)

Beef, Leek and Eat
Curious Puff Pastry
Pie Served with Gravy
(G)

Honey and Barbeque
Glazed Chicken

Halal Pepperoni
Focaccia Pizza
(G,Mk,E,Mu,So)

Veggie
MEAT FREE

Jacket Potato Bar:
Chilli non-Carne
(So,G)
Cheesy Coleslaw
(Mk,E,So)
Beans and Cheese
(Mk)

Slow Cooked
Vegetable Tacos
with Cheese
(G,Mk)

Roast Winter Root
Vegetable & Kale Filo
Parcel
(G)

Honey and Barbeque
Roasted Vegetables
with Cannellini Beans

Margherita
Focaccia Pizza
(G,Mk,E)

veg
EXTRA GOOD

Top up your meal from
our Salad Bar

Mixed Vegetables

Steamed Cabbage

Sliced Carrots

Green Beans Tossed
in Braised Leeks

Roasted Parsnips

Steamed Broccoli

Sweetcorn

carbs
FUEL FOOD

Baked Waffle Fries

Roasted New
Potatoes

Wholegrain and
White Rice

Chips

Dessert
SOMETHING SWEET

Fruit Platter

Mixed Berry Fool

Fruity Jelly

Glazed Carrot Cake

Shortbread
(G, E)

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



JANUARY
LEEKs

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates

W/C 12/01/26, 09/02/26,
16/03/26, 27/04/26



Halal options
are available
every day

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MENU

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Butternut Squash and Sage Macaroni Cheese
(G,Mk)

Mild Chicken Korma Curry
(Mk)

Roasted Chicken and Leek Sausage with Onion Gravy
(G,Su)

Slow Cooked Beef Mince Lasagne
(G,Mk,E)

Barbecue Chicken and Sweetcorn Pitta
(G)

Veggie

MEAT FREE

Penne Pasta with Tomato Sauce
(G)

Mild Eat Curious and Vegetable Curry
(Mk)

Vegetable and Bean Cottage Pie served with Onion Gravy
(So)

Mediterranean Roast Vegetable Lasagne
(G,Mk,E)

Barbecue Falafel and Sweetcorn Pitta
(G)

veg

EXTRA GOOD

Steamed Seasonal Greens

Roasted Carrots

Sweetcorn with Peppers

Top up your meal from our Salad Bar

Garden Peas

Cauliflower

Green Beans

Honey Glazed Parsnips

Baked Beans

carbs

FUEL FOOD

Cheddar and Leek Focaccia
(G,Mk)

White and Wholegrain Rice

Mashed Potato
(Mk)

Home Baked Garlic Focaccia
(G)

Waffle Fries

Dessert

SOMETHING SWEET

Fruit Platter

Allspice Banana Cake
(G, E, Mk)

Fruity Jelly

Chocolate Marble Cake
(G, E,Mk)

Apple Crumble with Custard
(G, Mk, E, So)

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



JANUARY LEEKS

FEBRUARY PARSNIPS



MARCH KALE

APRIL NEW POTATOES



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



Dates

W/C 19/01/26, 23/02/26,
23/02/26



Halal options are available every day

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MENU

Week 4



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Barbecue Chicken
Focaccia Pizza
(G,Mk,E)

Lamb Mince and
Roasted Vegetable Pie
with Served with Gravy
(G)

Roast Chicken Thigh,
Served with Yorkshire
Pudding and Gravy
(G,Mk,E)

Loaded Beef
Bolognaise served
with Wholegrain
Penne Pasta
(G,So)

Baked Fish Fingers
with Lemon Wedge and
Tartare Sauce
(F,G,E,Mu) Or
Baked Salmon Fishcake
with Lemon Wedge and
Tartare Sauce
(G,F,E,Mu)

Veggie

MEAT FREE

Roasted Mixed Pepper
and Sweetcorn
Focaccia Pizza
(G,Mk,E)

Roasted Vegetable,
Mixed Bean and
Cheddar Pie
and Gravy
(G,Mk)

Seasonal Vegetable
and Lentil Roast
with Gravy
(G,E,Mk,So)

Slow Cooked Vegan
Mince Bolognaise and
Wholegrain Penne
Pasta Bake
(G,So)

Baked 'Fishless'
Fingers with Lemon
Wedge and Tartare
Sauce
(G,E,Mu)

veg

EXTRA GOOD

Maple Glazed Carrots

Garden Peas

Cauliflower

Broccoli

Sweetcorn

Roasted Parsnips

Sauteed Savoy
Cabbage

Roasted Carrots

Garden Peas

Baked Beans

carbs

FUEL FOOD

Baked Potato Wedges

Mashed potato
(Mk)

Crushed New
Potatoes with Leeks

Home Baked Garlic
Focaccia (G)

Chips

Dessert

SOMETHING SWEET

Fruit Platter

Flapjack
(G)

Fruity Jelly

Eves Pudding
(G, E)

Lemon & Ginger
Shortbread
(G)

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



JANUARY
LEEKs

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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yummy seasonal special!



Dates

W/C 26/01/26, 02/03/26,
13/04/26



Halal options
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every day

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

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