

Menu

Week 1



SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL SPROUTS

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



Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken and Sweetcorn Penne Pasta (G,Mk)

Pepperoni Pizza (G,Mk,E)

Toad in the Hole with Gravy (G,E,Mk,Su)

Chicken Tagine (G)

Fish Fingers with Tartar Sauce and Tomato Sauce (G,F,E)

Veggie
MEAT FREE MAINS

Mushroom and Sweetcorn Cheesy Pasta Bake (G, Mk)

Margherita Pizza (G,Mk,E)

Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)

Sweet Potato and Butternut Tagine (G,Mu,So)

Veg Finger with Tartar Sauce and Tomato Sauce (G,E)

veg
EXTRA GOOD

Broccoli
Green Beans

Garden Salad

Carrots
Steamed Green Beans

Roasted Cauliflower
Red Onion and Courgettes Sauté

Baked Beans
Peas

carbs
FUEL FOOD

Home Baked Garlic Focaccia (G)

Crispy Potato Wedges

Roast Potatoes

Wholegrain Biryani Rice (G)

Oven Baked Chips

Dessert
SOMETHING SWEET

Fresh Fruit Platter

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

Fruity Jelly

Carrot Cake Cookie (G,E,Mk)

Apple and Sunflower Seed Honey Bar (G)

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

Dates

Week Commencing:

01/09/25; 22/09/25; 13/10/25;
10/11/25; 01/02/25

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

Menu

Week 2



Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Beef Bolognaise
Pasta Bake
(G,Mk)

Chicken Enchilada
with a Tomato Sauce
and Cheese
(G,Mk,Mu)

Roast Gammon With
Apple Sauce and
Gravy

Mild Chicken Curry
with Peppers and
Spinach

Battered Pollock with
Lemon Wedge and
Tomato Sauce
(G,F)

Veggie

MEAT FREE MAINS

Macaroni and
Cheese
(G,Mk, Mu)

Vegetable Enchilada
with a Tomato Sauce
and Cheese
(G,Mk,Mu)

Quorn Roast
with Classic Gravy
(E,Mk)

Mild Vegetable Curry

Veg Finger
with Tomato Sauce
(G,E)

veg

EXTRA GOOD

Steamed Broccoli

Sancho Pollo
Coleslaw
(E)

Cauliflower

Green Beans

Garden Peas

Chefs Salad

Sweetcorn

Roasted Carrots

Kale

Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Mixed Potato
Wedges

Roast Potatoes

Mixed White and
Wholegrain Rice

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit
Platter

Apple and Raisin Tray
Bake with Custard
(G,E,Mk,So)

Fruity Jelly

Choc Chip Cookie
(G,E,Mk,So)

Pear and Raisin
Seed Bar
(G)

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

Dates

Week Commencing:
08/09/25; 29/09/25; 20/10/25;
17/11/25; 08/12/25

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containing Gluten

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Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Oven Baked Chicken
Tossed in Wholegrain
Macaroni and Pesto
(G,Mk,E)

Meatball Marinara Sub
Roll topped with Crispy
Onions
(G,Mk,Se,So)

Roast Pork Sausage
with Pear Sauce and
Gravy
(G,So,Su) 

Chicken and
Vegetable Hot Pot
with Sauté Potato
Topping

Fish Finger Dog with
Tomato Sauce
(G,F,Se,So)
or
Salmon Fishcake
(G,F)

Veggie

MEAT FREE MAINS

Wholegrain Macaroni
Pasta Tossed in a
Basil Pesto Baked
with Cheese
(G,Mk,Mu)

Falafel Marinara Sub
Roll Topped with
Crispy Onions
(G,Mk,Se,So)

Roasted Vegetable
Sausage with Onion
Gravy
(G,Ce)

Seasonal Vegetable
and Butternut Squash
Hot Pot with Sauté
Potato Topping 

Vegetable Finger Dog
(G,Su,So)

veg

EXTRA GOOD

Mixed Tossed Salad

Steamed Cauliflower

Steamed Carrots

Medley of Steamed
Green Vegetables

Garden Peas

Sweetcorn

Green Beans

Cabbage with Leeks

Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Potato Wedges

Roast Potatoes

Oven Baked Chips

Dessert

SOMETHING SWEET

Sliced Fruit
Platter 

Pear Sponge
Pudding with Custard
(G,E,Mk,So) 

Fruity Jelly

Oat and Apple
Cookie
(G,E) 

Mixed Berry
Flapjack
(G)

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



THE FRESH LITTLE
ALLSTMENT

SEASONALLY FRESH, PERFECTLY PICKED

SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL
SPROUTS

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Dates

Week Commencing:
15/09/25; 06/10/25; 03/11/25;
24/11/25; 15/12/25

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