

'Made without' Menu

Week 1



Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Sweetcorn Pasta (So) or Vegetable and Sweetcorn Casserole with 50:50 Rice	Gluten Free Pepperoni Pizza with Crispy Potato Wedges or Gluten Free and Vegan Margherita Pizza with Crispy Potato Wedges	Gluten Free Pork Sausages with Roast Potatoes and Gravy (Su) or Vegan Sausages with Roast Potatoes and Gravy (So)	Chicken Tagine with 50:50 Rice or Sweet Potato and Butternut Tagine with 50:50 Rice	Gluten-Free Fish Fingers with Ketchup, Lemon and Chips (F) or Vegan Sausages with Ketchup and Chips (So)

Veg

EXTRA GOOD

Broccoli Green Beans	Garden Salad	Carrots Steamed Green Beans	Roasted Cauliflower Red Onion and Courgettes Sauté	Baked Beans Peas
-------------------------	--------------	--------------------------------	---	---------------------

Dessert

SWEET TREAT

Fresh Fruit Platter	Pear Crumble	Fruity Jelly	Gluten Free and Vegan Shortbread	Top 14 Allergy Free Strawberry Jam and Banana Sponge
---------------------	--------------	--------------	----------------------------------	--

Jacket Potatoes, salad bar and fresh fruit available daily.



Our lunch menus
feature yummy
seasonal ingredients!

Dates

Week Commencing:
01/09/25; 22/09/25; 13/10/25;
10/11/25; 01/12/25

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

'Made without' Menu

Week 2



Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Penne Pasta with Beef Bolognese or Gluten Free Tomato, Basil and Vegan Cheese Bake	Chicken Enchilada with Mixed Potato Wedges (Mu) or Vegetable Enchilada with Mixed Potato Wedges (Mu)	Roast Gammon with Gravy and Roasted Potatoes or Vegan and Gluten-Free Roasted Vegetable Crumble with Roasted Potatoes	Mild Chicken Curry with Mixed Rice or Mild Vegetable Curry with Mixed Rice	Gluten-Free Fish Fingers with Ketchup, Lemon and Chips (F) or Gluten Free and Vegan Margherita Pizza

Veg

EXTRA GOOD

Steamed Broccoli		Cauliflower	Green Beans	Garden Peas
Chefs Salad	Sweetcorn	Roasted Carrots	Kale	Baked Beans

Dessert

SWEET TREAT

Fresh Fruit Platter	Pear Crumble	Fruity Jelly	Gluten Free and Vegan Shortbread	Top 14 Allergy Free Strawberry Jam and Banana Sponge
---------------------	--------------	--------------	----------------------------------	--

Jacket Potatoes, salad bar and fresh fruit available daily.



Our lunch menus
feature yummy
seasonal ingredients!

Dates

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

Allergens

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



'Made without' Menu

Week 3



Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken, Tomato and Basil Gluten Free Pasta Bake or Gluten Free Tomato, Basil and Vegan Cheese Bake	Lamb Meatballs in Tomato Sauce with 50/50 Rice or Vegan Meatballs in Tomato Sauce with 50/50 Rice (So)	Gluten Free Pork Sausages with Roast Potatoes and Gravy (Su) or Vegan Sausages with Roast Potatoes and Gravy (So)	Chicken and Vegetable Hot Pot or Seasonal Vegetable and Butternut Hotpot	Gluten Free Fish Fingers with Ketchup, Lemon and Chips (F) or Gluten Free and Vegan Margherita Pizza

Veg

EXTRA GOOD

Mixed Tossed Salad Sweetcorn	Steamed Cauliflower Green Beans	Steamed Carrots Cabbage with Leeks	Medley of Steamed Green Vegetables	Garden Peas Baked Beans
---------------------------------	------------------------------------	---------------------------------------	------------------------------------	----------------------------

Dessert

SWEET TREAT

Sliced Fruit Platter	Pear Crumble	Fruity Jelly	Gluten Free and Vegan Shortbread	Top 14 Allergy Free Strawberry Jam and Banana Sponge
----------------------	--------------	--------------	----------------------------------	--

Jacket Potatoes, salad bar and fresh fruit available daily.



Our lunch menus
feature yummy
seasonal ingredients!

Dates

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

Allergens

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

