

Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

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)

Lamb and Mixed Bean Chilli

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

Veggie

MEAT FREE

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)

Vegan Smoky Chilli

Veg Finger with Tartare 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

50:50 Rice

Oven Baked Chips

Dessert

SOMETHING SWEET

Double Chocolate Sponge with Chocolate Custard
(G,E,Mk,So)

Vanilla Sponge with Strawberry Jam Sauce
(G,E,Mk)

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.



JANUARY LEEKS

FEBRUARY PARSNIPS



MARCH KALE

APRIL NEW POTATOES



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

Dates

05/01/2025, 26/01/2025,
23/02/2025, 16/03/2025

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

Beef Bolognese
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

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
Chefs Salad

Sancho Pollo
Coleslaw
(E)
Sweetcorn

Cauliflower
Roasted Carrots

Green Beans
Kale

Garden Peas
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

Pear and Chocolate
Sponge with
Chocolate Custard
(G,E,Mk,So)

Toffee Drizzle
Flapjack Traybake
(G,Mk)

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.



JANUARY
LEEKS

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates

12/01/2025, 02/02/2025,
02/03/2025, 23/03/2025

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

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Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

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

Lamb Meatballs in
Tomato Sauce

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

Chicken and
Vegetable Hot Pot
with Sauté Potato
Topping

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

Veggie

MEAT FREE

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

Vegan Meatballs in
Tomato Sauce

Roasted Vegetable
Sausage with
Onion Gravy
(G,Ce)

Seasonal Vegetable
and Butternut
Squash Hot Pot with
Sauté Potato
Topping

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

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

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

50:50 Rice

Roast Potatoes

Oven Baked Chips

Dessert

SOMETHING SWEET

Banana Cake with
Chocolate Sauce
(G,E,Mk,So)

Shortbread
Traybake
(G)

Fruity Jelly

Oat and Apple
Cookie
(G,E)

Classic Flapjack
(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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Dates

19/01/2025, 09/02/2025,
09/03/2025

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

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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