

'Made without' Menu

Week 1



**THE FRESH LITTLE
ALLOTMENT**

SEASONALLY FRESH, PERFECTLY PICKED

**JANUARY
LEEKs**

**FEBRUARY
PARSNIPS**

**MARCH
KALE**

**APRIL
NEW
POTATOES**

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

Mains

HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Sweetcorn Pasta (So)	Gluten Free Pepperoni Pizza with Crispy Potato Wedges	Gluten Free Pork Sausages with Roast Potatoes and Gravy (Su)	Lamb and Mixed Bean Chilli with 50:50 Rice	Gluten-Free Fish Fingers with Ketchup, Lemon and Chips (F)
Vegetable and Sweetcorn Casserole with 50:50 Rice	Gluten Free and Vegan Margherita Pizza with Crispy Potato Wedges	Vegan Sausages with Roast Potatoes and Gravy (So)	Vegan Smoky Chilli with 50:50 Rice (Ce, So)	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
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Dessert

SWEET TREAT

Top 14 Allergy Free Strawberry Jam and Banana Sponge	Gluten Free and Vegan Shortbread	Fruity Jelly	Gluten Free and Vegan Shortbread	Top 14 Allergy Free Strawberry Jam and Banana Sponge
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Jacket Potatoes, salad bar and fresh fruit available daily.

Dates

Week Commencing:
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

'Made without' Menu

Week 2



**THE FRESH LITTLE
ALLOTMENT**
SEASONALLY FRESH, PERFECTLY PICKED

Mains HAPPY TUMS

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

veg EXTRA GOOD

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

Dessert SWEET TREAT

Top 14 Allergy Free Strawberry Jam and Banana Sponge	Gluten Free and Vegan Shortbread	Fruity Jelly	Gluten Free and Vegan Shortbread	Top 14 Allergy Free Strawberry Jam and Banana Sponge
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Jacket Potatoes, salad bar 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
Week Commencing:
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 Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

'Made without' Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains

HAPPY TUMS

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken, Tomato and Basil Gluten Free Pasta Bake

Lamb Meatballs in Tomato Sauce with 50:50 Rice

Gluten Free Pork Sausages with Roast Potatoes and Gravy (Su)

Chicken and Vegetable Hot Pot

Gluten Free Fish Fingers with Ketchup, Lemon and Chips (F)

Gluten Free Tomato, Basil and Vegan Cheese Bake

Vegan Meatballs in Tomato Sauce with 50:50 Rice (So)

Vegan Sausages with Roast Potatoes and Gravy (So)

Seasonal Vegetable and Butternut Hotpot

Gluten Free and Vegan Margherita Pizza

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

Dessert

SWEET TREAT

Top 14 Allergy Free Strawberry Jam and Banana Sponge

Gluten Free and Vegan Shortbread

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.



JANUARY LEEKS

FEBRUARY PARSNIPS



MARCH KALE

APRIL NEW POTATOES



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Dates
Week Commencing:
19/01/2025, 09/02/2025,
09/03/2025

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