

'Made without' Menu

Week 1



THE FRESH LITTLE ALLOTMENT

SEASONALLY FRESH, PERFECTLY PICKED

Mains
HAPPY TUMS

Monday

Chicken and Sweetcorn Pasta (So)

Vegetable and Sweetcorn Casserole with 50:50 Rice

Tuesday

Gluten Free Pepperoni Pizza with Crispy Potato Wedges

Gluten Free and Vegan Margherita Pizza with Crispy Potato Wedges

Wednesday

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

Vegan Sausages with Roast Potatoes and Gravy (So)

Thursday

Lamb and Mixed Bean Chilli with 50:50 Rice

Vegan Smoky Chilli with 50:50 Rice (Ce, So)

Friday

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

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

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



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

Dates

Week Commencing:

05/01/2026, 26/01/2026,
23/02/2026, 16/03/2026

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

'Made without' Menu

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Mains

HAPPY TUMS

Monday

Gluten Free Penne Pasta with Beef Bolognaise

Gluten Free Tomato, Basil and Vegan Cheese Bake

Tuesday

Chicken Enchilada with Mixed Potato Wedges (Mu)

Vegetable Enchilada with Mixed Potato Wedges (Mu)

Wednesday

Roast Gammon with Gravy and Roasted Potatoes

Vegan and Gluten-Free Roasted Vegetable Crumble with Roasted Potatoes

Thursday

Mild Chicken Curry with Mixed Rice

Mild Vegetable Curry with Mixed Rice

Friday

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

Gluten Free and Vegan Margherita Pizza

veg

EXTRA GOOD

Steamed Broccoli
Chefs Salad

Sweetcorn

Cauliflower
Roasted Carrots

Green Beans
Kale

Garden Peas
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



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

Dates

Week Commencing:
12/01/2026, 02/02/2026,
02/03/2026, 23/03/2026

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

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P = Peanuts

Se = Sesame Seeds

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'Made without' Menu

Week 3



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

veg
EXTRA GOOD

Dessert
SWEET TREAT

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

Mixed Tossed Salad

Steamed Cauliflower

Steamed Carrots

Medley of Steamed Green Vegetables

Garden Peas

Sweetcorn

Green Beans

Cabbage with Leeks

Baked Beans

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.

Dates

Week Commencing:

19/01/2026, 09/02/2026,
09/03/2026

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