



# Week 1 Menu

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Signature Sausage Roll with Gravy  
(G,Su,E)

Mild Chicken Curry  
(None)

Roast Turkey with Gravy  
(None)

Corpus Christi Pasta Bar  
(G, Mk)

Baked Fish Fillet  
(G,F)

## Veggie

MEAT FREE

Signature Veggie Sausage Roll with Gravy  
(G,E)

Mild Veggie Curry  
(None)

Cheese, Onion and Tomato Quiche  
(G, Mk,E)

Pasta Served with a choice of Bolognese or Ragu Sauces

Cheese Omelette  
(E,Mk)

## Veg

EXTRA GOOD

BBQ Beans  
Sweetcorn

Carrots  
Peas

Broccoli  
Green Beans

Chefs Salad Grated Cheese and Olives

Garden Peas  
Baked Beans

## Carbs

EXTRA FILLING

Potato Wedges

Rice

Roast Potatoes Sage and Onion Stuffing  
(G)

Freshly Made Garlic Bread  
(G)

Oven Baked Chips

## Dessert

SWEET TREAT

Lemon Drizzle Cake  
(G,E,Mk)

Strawberry Jam Sponge Cake with Custard  
(G,E,Mk)

Shortbread Biscuit  
(G)

Jelly, Fruit or yoghurt  
(Mk,So)

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

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

**RHUBARB**  
January

**BROCCOLI**  
February

**SPRING ONIONS**  
March

**SPINACH**  
April

## Dates

Week Commencing:  
06/01/2025,  
03/02/2025 and  
10/03/2025

## 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

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS

Pizza with  
Mozzarella and Basil  
**(G,E,Mk)**

Slow Cooked Beef  
Lasagne  
**(G,Mk,E)**

Sausages with Gravy  
**(G,Su)**

Corpus Christi Pasta  
Bar  
**(G, Mk)**

Baked Fish Fingers  
**(G,F)**

## Veggie

MEAT FREE

Potato and  
Vegetable Samosa  
**(G,Mu)**

Veggie Lasagne  
**(So,G,Mk,E)**

Veggie Sausage with  
Gravy  
**(G,Ce)**

Pasta Served with a  
Choice of Chicken &  
Tomato or Pesto  
Sauces

Cheese and Onion  
Frittata  
**(E,Mk)**

## Veg

EXTRA GOOD

Chefs Salad  
Sweetcorn

Broccoli  
Green Beans

Roasted Carrots  
Peas

Chefs Salad Grated  
Cheese and Olives

Sweetcorn  
Baked Beans

## Carbs

EXTRA FILLING

Baked Potato  
Wedges

Mashed Potatoes  
**(Mk)**

Freshly Made Garlic  
Bread  
**(G)**

Oven Baked Chips

## Dessert

SWEET TREAT

Cookie  
**(G,E)**

Fruity Flapjack  
**(G)**

Chocolate Brownie  
**(G,Mk,E)**

Jelly, Fruit or  
yoghurt  
**(Mk,So)**

Syrup Sponge with  
Custard  
**(G,E,Mk)**

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



## Dates

Week Commencing:  
13/01/2025,  
10/02/2025 and  
17/03/2025

## 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*



# Week 3 Menu

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Mains

HAPPY TUMS 

Homemade Sausage Roll with Gravy  
(G,E,Mk)

Beef Burrito  
(G,Mk,Mu)

Roast Turkey with Gravy  
(None)

Corpus Christi Pasta Bar  
(G, Mk)

Baked Fish Fillet  
(G,F)

## Veggie

MEAT FREE 

Cheese and Onion Turnover  
(G,E,Mk)

Mixed Bean and Veggie Burrito  
(G,Mk,Mu)

Butternut Squash, Leek and Onion Wellington  
(G, Mk,E)

Pasta Served with a Choice of Bolognese or Cheese Sauces

Cheese Omelette  
(E,Mk)

## Veg

EXTRA GOOD 

Roasted Carrots  
Green beans

Cauliflower  
Garden Peas

Broccoli  
Green Beans

Chefs Salad Grated Cheese and Olives

Garden Peas  
Baked Beans

## Carbs

EXTRA FILLING 

Baked Wedges

Rice

Roast Potatoes Sage and Onion Stuffing (G)

Freshly Made Garlic Bread  
(G)

Oven Baked Chips

## Dessert

SWEET TREAT 

Orange Cake  
(G,E,Mk)

Chocolate Rice Krispie Cake  
(G,So)

Shortbread Biscuit  
(G)

Jelly, Fruit or Yoghurt  
(Mk,So)

Lemon Blondie  
(G,E,Mk,So)

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



## Dates

Week Commencing:  
20/01/2025,  
24/02/2025 and  
24/03/2025

## 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



# Week 4 Menu

## Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

### Mains

HAPPY TUMS 

Pepperoni Pizza  
(G,E,MK)

BBQ Pork Wrap  
(G,So,Mu,Ce)

Chicken Burger  
with Ketchup in a  
Burger Bun  
(G,Se)

Corpus Christi Pasta  
Bar  
(G,Mk)

Baked Fish Fingers  
(G,F)

### Veggie

MEAT FREE 

Gnocchi with a  
Tomato Sauce &  
Mozzarella (Mk)

Mac 'n' Cheese  
(G,Mk)

Veggie Burger with  
Ketchup in a  
Burger Bun  
(G,Se)

Pasta Served with a  
Choice of Carbonara  
or Tomato & Basil  
Sauces

Sweet and Sour  
Veggie Stir Fry  
(G,So)

### Veg

EXTRA GOOD 

Sweetcorn  
Chefs Salad

Peas  
Steamed Carrots

Broccoli  
Carrots

Chefs Salad Grated  
Cheese and Olives

Garden Peas  
Baked Beans

### Carbs

EXTRA FILLING 

Baked Potato  
Wedges

Rice with Peppers

Roast Potatoes

Freshly Made Garlic  
Bread  
(G)

Oven Baked Chips

### Dessert

SWEET TREAT 

Carrot Cake  
(G,E,Mk)

Strawberry Fool  
(Mk)

Oat and Orange  
Cookie  
(G,E)

Jelly, Fruit or Yoghurt  
(Mk,So)

Chocolate Chip Tea  
Bread  
(G,E,Mk,So)

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



## Dates

Week Commencing:  
27/01/2025,  
02/03/2025 and  
31/03/2025

## 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