

Dates  
Insert dates here

# Menu

Week 1

## Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

### Lidia SECRET Soup

Peter Rabbit's  
Vegetable Patch Stew (G)

Cloudy with a  
Chance of Soup (G)

Gruffalo's Forest Stew  
(G,Ce)

Spuddy Puddle Soup  
(Mk)

Hungry Caterpillar's  
Garden Soup (Ce,Mk)

### Daily Dough

Crunchy Caraway  
Wholemeal Bloomer (G)  
Or  
Baguette slice (G)

Garlic & Herb Focaccia  
(G,Mk)  
Or  
Baguette slice (G)

Irish Soda Bread  
(G,Mk,So)  
Or  
Baguette slice (G)

Flatbread Triangles  
(G,Mk,So)  
Or  
Baguette slice (G)

Seedy Sunshine (G)  
Or  
Baguette slice (G)

### Mighty Mains

Roast Chicken Shhhh  
(G,So,Ce)  
OR  
Wonky  
Vegetable Stew

Loaded Beef Bolognese  
(Ce,G,So)  
OR  
Mushroom Lentil Ragù with  
Evergreen Sauce (Ce,G)

Roast Lemon &  
Thyme Chicken with Herby  
Stuffing & Gravy (G)

Mild Lamb Biryani, Raita &  
Mango Chutney (Mk)  
OR  
Mild Masala with  
Chicken Strips (G)

Roast Fillet of Fish  
with Lemon Wedges  
(G,F,E)

Fish Finger Fajita Salsa  
Tommy Mayonnaise  
(G,E,F)

### Super Veggies

Courgette Spinach &  
Cheddar Pasta  
(G,Mk)

Mediterranean Vegetable  
Paella

Skin on Butternut Pie  
with Crunchy Crust (G,Mk)

Pizza Margherita  
(G,Mk)

Veg Tomato & Mozzarella  
Baked Wrap  
(G, Mk)

### Nature's Nomz

Crunchy Rainbow  
Cabbage Salad (Su)

Green Beans  
with Crispy Bits (G)

Crispy Kale

Spinach & Cauliflower  
Leaf Bhaji (G,Mu)

Baked Beans

Toastie Sweetcorn

Seasonal Chefs Salad

Maple Roast Carrots

Burnt Broccoli

Minted Garden  
Or Mushy Peas

### Fuel Up Favourites

Jewelled Cous-Cous  
(G)

Penne Pasta  
(G)

Crispy Skin Roasties

Fluffy Rice

Best Baked Chips

### Puddings

Vegan Jelly Pot

Lemon Drizzle Bake  
(G,E)

Yogurt Pot  
(Mk)

Double Chocolate Pudding  
(G,Mk,E,So)

Fruit Salad

Jacket potatoes, plain pasta, salad bar, cold desserts, yoghurt and fresh fruit available daily.

RHUBARB  
January

BROCCOLI  
February

SPRING  
ONIONS  
March

SPINACH  
April

Find Sophie's Star to enjoy  
the dish specially chosen  
by our nutritionist!

## 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

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# Menu

Week 2

## Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

**Lidia**  
**SECRET Soup**

Pirate's Broth  
(G,Mk)

Jack's Magic Bean Stew  
(G,Ce)

Harry's Wizarding  
Cauldron Brew  
(Mk)

Secret Garden Soup  
(Ce,Mk)

Mowgli's Jungle Soup

**Daily**  
**Dough**

Baguette slice  
(G)

Six Seeded Loaf  
(G,Su)

Wholemeal Bloomer  
(G)

Baguette slice  
(G)

Focaccia  
(G)

**Mighty**  
**Mains**

BBQ Beef Chilli with Crispy  
Tortilla Chips & Dips  
(Mk,Mu)

Grilled Butchers Sausages &  
Roasted Onion Gravy  
(G,Su)

Crispy Katsu Chicken with  
Tsukemono Vegetables  
(G,E,So,Su)

**Sticky Turkey Stir It Up**  
(G,So)

Roast Fillet of  
Fish & Lemon Wedges  
(G,F,E)

OR  
**Buffalo Bean Taco with  
Crispy Tortilla Chips & Dips**  
(Ce,Mk,So)

OR  
Cozy White Bean Stew  
(G,So)

OR  
Crispy Tofu Katsu  
Tsukemono Vegetables  
(G,E,So,Su)

OR  
**Salmon & Broccoli  
Frittata (F,E,Mk)**

**Super**  
**Veggies**

Three Cheese Macaroni  
with a Crunchy Wholemeal  
Garlic Crumb (G,Mk,So)

Puy Lentils Shepperd Pie  
With Mash Potatoes  
(May Contain G,Mk)

**Roasted Vegetable Pizza  
Bagel**  
(G,Mk)

Gnocchi Tomato Sauce &  
Mozzarella  
(G,Mk)

Courgette Pepper & Tomato  
Pasta Bake  
(G, Mk)

**Nature's**  
**Noms**

Roasted Broccoli

Poppin Garden Peas

Roasted Soy Greens

Cheesy Cauliflower (G, Mk)

Poppin Garden Peas

Buttered Mini Corn

Pot Roast Red Cabbage  
with Apples & Honey (G)

Green Beans

Sauteed Courgettes

Baked Beans

**Fuel Up**  
**Favourites**

Rainbow Rice

Fluffy Mashed Potato

Jasmine Sticky Rice

Oodles of Noodles  
(G,E,So)

Best Baked Chips

**Puddings**

Vegan Jelly Pot

White Chocolate & Banana  
Traybake  
(G,E,Mk)

Messy Berries with Greek  
Yoghurt (Mk,E,So)

Apple Crumble With Custard  
(G,M)

Double Chocolate Cookies  
(G,Mk,So)

*Jacket potatoes, plain pasta, salad bar, cold desserts, yoghurt and fresh fruit available daily.*

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January

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# Menu

Week 3

## Eat the Seasons

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THU

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### Lidia SECRET Soup

Squashbuckle's Broth  
(Mk)

24 Carat Treasure Soup

Spuddy Puddle Soup  
(Mk)

Souper Douper Surprise  
(G)


Mr Bean's Soup  
(Ce,G,Mu)

### Daily Dough

Crusty Bloomer (G)  
Or  
Baguette slice (G)

Focaccia (G,Mk)  
Or  
Baguette slice (G)

Irish Soda Bread  
(G,Mk,So)  
Or  
Baguette slice (G)

Hearty Bloomer(G)   
Or  
Baguette slice (G)

Seedy Sunshine (G)  
Or  
Baguette slice (G)

### Mighty Mains

Butterball Chicken Curry  
(Mk,So)


Tender Beef and  
Vegetable Pie (G,Ce)

Crackling Roast Pork with  
Sage & Onion Stuffing &  
Apple Sauce (G)

Sweet and Sour Chicken with  
Chunky Pineapple (G,So)

Roast Fish Fillet with Sauce  
& Lemon (G,E,F)

OR  
Sweet Potato, Wild Rice and  
Butter Bean Pattie with Lime  
Salsa (Su,So) 

OR  
Rooty Winter Braise with  
Sweet Potato Topper  
(Ce,Mk,So) 


OR  
Crispy Crumb Fishcake with  
Lemon & Dill Mayonnaise  
(G,F,So,E)

OR  
Fish Fingers

### Super Veggies

Tomato & Basil Risotto with  
Parmesan & Spinach  
(Mk)

Potatoes Cheese & Onion  
Puff Pastry

Penne Broccoli & Cheddar 

Falafel Burger in Pita Bread  
(G)

Wholemeal Cheese &  
Cherry Tomato Quiche  
(G,E,Mk) 

### Nature's Nomz

Roast Cauliflower

Broccoli

Honey Baked Parsnips

Sweetcorn

Minty Or Mushy Peas

Masala Roast Carrots

Lively Leek Sauté

Carrots

Green Beans

Baked Beans

### Fuel Up Favourites

Green Rice

Fluffy Mashed Potato

Golden Roasties

Rainbow Rice

Best Baked Chips

### Puddings

Vegan Jelly Pot

Jammy Apricot Sponge  
(G,Mk,E,So)

Messy Berries With Greek  
Yogurt Pot  
(Mk)

Marble Cake  
(G,E,Mk)

Fruit Salad

Jacket potatoes, plain pasta, salad bar, cold desserts, yoghurt and fresh fruit available daily.

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Week 4

## Eat the Seasons

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THU

FRI

**Lidia**  
**SECRET Soup**

Souper Cheesy Souprise  
(G,Mk)

Dragon's Lava  
(So)

Secret Garden Soup  
(Ce,Mk)

Minestrone Mania  
(G,Ce)

Alice in  
Wonderland Warmer  
(G,Mk)

**Daily**  
**Dough**

Six Seeded Loaf (G,Su)  
Or  
Baguette slice (G)

Beetroot Baguettes (G,E,Mk)  
Or  
Baguette slice (G)

Wholemeal Bloomer (G)  
Or  
Baguette slice (G)

Sunshine Tomato & Feta  
Twisters (G,Mk)  
OR  
Baguette Slice (G)

Roasted Vegetable  
Focaccia (G)  
Or  
Baguette Slice (G)

**Mighty**  
**Mains**

**BBQ Chicken Wrap**  
**with Crunchy Slaw**  
(G,Mk,Mu,Su)

Beef & Lentil Lasagne  
(G,Ce,Mk,E,So)

Stir it Up Pork with Pak Choi  
& Sticky Sauce (G,So)

Lamb Roll Up with Minty Dip  
(G,E,Mk,So)

Roast Fillet of Fish with  
Lemon Wedges  
(G,Mk,E)

OR

OR

OR

OR

OR

Salmon & Broccoli Pick Up  
(G,E,F,Mk)

Crunchy Chicken On  
Crushed Baby Potatoes  
(G,E)

**Lemon Chicken**  
(G,E,Se,So)

Cheese & Tomato Pizza  
Mushrooms (Mk)

Seaside Rice  
(Cr,F,Mo)

**Super**  
**Veggies**

Tomato & Squeaky  
Cheese Bake  
(G,Mk)

**Five Layer Lasagne Cake**  
(G,E,Mk)

Baked Gnocchi With Creamy  
Spinach  
(G,Mk)

Creamy Mushroom Risotto  
(Mk)

**Mixed Bean and Vegetable**  
**Burrito Beany Roll Up**  
(G,Mk,Mu)

**Nature's**  
**Noms**

Crunchy Slaw (Su)

Roasted Carrots

Soy & Ginger Greens (G,So)

Herb Roasted Vegetables

Garden Peas

Buttered Sweetcorn

Cheesy Leeks (G,Mk)

Courgette & Pepper Stir Fry  
(G,So)

Broccoli with Edamame  
(So)

Baked Beans

**Fuel Up**  
**Favourites**

Lemon & Herb  
Potato Wedges

Garlic & Herb Slice  
(G,Mk,So)

Steamed Rice

Herby Potatoes

Best Baked Chips

**Puddings**

Vegan Raspberry Jelly

Pineapple Upside  
Down Pudding  
(G,E,Mk,So,Su)

Greek Yogurt with Blueberry  
Compote  
(Mk)

Warm Fruity Flapjack  
(G)

Vegan Strawberry Jelly

*Jacket potatoes, plain pasta, salad bar, cold desserts, yoghurt and fresh fruit available daily.*

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February

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March

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