

# Menu

## Week 1



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

**Mains**  
HAPPY TUMS

**Veggie**  
MEAT FREE

**veg**  
EXTRA GOOD

**carbs**  
FUEL FOOD

**Rolls**  
TASTY FAVOURITES

**Dessert**  
SOMETHING SWEET

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Vegan Mince and Lentil Bolognese with Pasta (G,So)	Lamb Keema Curry with Raita (Mk)	Roasted Chicken Thigh and Gravy	Beef, Bean and Eat Curious Chilli con Carne with Crushed Nachos (So)	Baked Fish Fingers with Lemon Wedge (F,G) Or Baked Salmon Fishcake (G,F,E)
<b>Veggie</b>	Wholemeal Macaroni Cheese with Leeks and Cheddar (G,Mk)	Vegetable Keema Curry with Raita (Mk)	Vegan Plant Ball with a Braised Leek and Onion Gravy (So)	Eat Curious and Bean Chilli non Carne with Crushed Nachos (So)	Baked Vegetable Fingers with Lemon Wedge and Tartare Sauce (G,E,Mu)
<b>veg</b>	Broccoli Sliced Carrots	Cauliflower Sweetcorn	Honey Glazed Parsnips Green Beans	Braised Kale Roasted Carrots	Garden Peas Baked Beans
<b>carbs</b>	New Potato Focaccia (G)	Wholegrain and White Rice	Mashed Potato (Mk)	Mexican Style Rice	Oven Baked Chips
<b>Rolls</b>	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)
<b>Dessert</b>	Fruit Platter	Lemon Drizzle Cake	Fruity Jelly	Pear Crumble	Chocolate Brownie (G,Mk)

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**  
05/01/2026, 02/02/2026, and 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 = Molluses      P = Peanuts      Su = Sulphur Dioxide

# MENU

## Week 2



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

**Mains**  
HAPPY TUMS

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato Bar: Tuna Mayonnaise (F,E) Chilli con Carne (G) Beans and Cheese (Mk)	Barbecue Chicken Focaccia Pizza (G,Mk,E)	Roasted pork sausage served with a Leek and onion gravy (G)	Honey and Barbeque Glazed Chicken	Baked Fish Fingers with Lemon Wedge (F,G) Or Baked Salmon Fishcake (G,F,E)

**Veggie**  
MEAT FREE

Jacket Potato Bar: Chilli non-Carne (So,G) Cheesy Coleslaw (Mk,E,So) Beans and Cheese (Mk)	Roasted Mixed Pepper and Sweetcorn Focaccia Pizza (G,Mk,E)	Roasted Vegetable Sausage served with Leek and Onion Gravy (G)	Honey and Barbeque Roasted Vegetables with Cannellini Beans	Baked Vegetable Fingers with Lemon Wedge and Tartare Sauce (G,E,Mu)
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**veg**  
EXTRA GOOD

Top up your meal from our Salad Bar	Maple Glazed Carrots	Steamed Cabbage	Sliced Carrots	Garden Peas
	Garden Peas	Roasted Parsnips	Steamed Broccoli	Baked Beans

**carbs**  
FUEL FOOD

	Baked Potato Wedges	Roasted New Potatoes	Wholegrain Rice	Oven Baked Chips
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**Rolls**  
TASTY FAVOURITES

Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)
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**Dessert**  
SOMETHING SWEET

Fruit Platter	Orange and Ginger Cake (G,Mk)	Fruity Jelly	Chocolate Cake	Cinnamon Shortbread
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*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

12/01/2026, 09/02/2026 and  
16/03/2026

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# Menu

## Week 3



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

### Mains

HAPPY TUMS

### Veggie

MEAT FREE

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Rolls

TASTY FAVOURITES

### Dessert

SOMETHING SWEET

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Butternut Squash and Sage Macaroni Cheese (G,Mk)	Chicken Meatball served with a leek and onion gravy (Mk)	Roasted Chicken with Gravy	Slow Cooked Lamb Pasta Bake (G,Mk,E)	Baked Fish Fingers with Lemon Wedge (F,G) Or Baked Salmon Fishcake (G,F,E)
<b>Veggie</b>	Penne Pasta with Kale Pesto, Spinach and Grated Parmesan (G,E,Mk)	Mild Eat Curious and Vegetable Curry (Mk)	Vegetable and Bean Cottage Pie served with Onion Gravy (So)	Mediterranean Roast Vegetable Lasagne (G,Mk,E)	Baked Vegetable Fingers with Lemon Wedge and Tartare Sauce (G,E,Mu)
<b>veg</b>	Steamed Seasonal Greens Cauliflower	Roasted Carrots Green Beans	Sweetcorn with Peppers Honey Glazed Parsnips	Top up your meal from our Salad Bar	Garden Peas Baked Beans
<b>carbs</b>	Cheddar and Leek Focaccia (G,MK)	Mashed potato	Mashed Potato (Mk)	Home Baked Garlic Focaccia (G)	Oven Baked Chips
<b>Rolls</b>	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)
<b>Dessert</b>	Apple Orchard Crumble (G)	Chocolate Cookie (G,Mk,So)	Fruity Flavoured Jelly (None)	Ginger Flapjack (G)	Ice Cream (Mk)

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**  
19/01/2026 and 23/02/2026

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# MENU

## Week 4



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

### Mains

HAPPY TUMS

### Veggie

MEAT FREE

### veg

EXTRA GOOD

### carbs

FUEL FOOD

### Rolls

TASTY FAVOURITES

### Dessert

SOMETHING SWEET

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Slow Cooked Chicken Tacos with Cheese (G,Mk)	Pepperoni Focaccia Pizza (G,Mk,Mu,So,E)	Roast Pork Sausage with Yorkshire Pudding and Gravy (G,Mk,E,Su)	Loaded Beef bolognaise with Wholegrain Penne Pasta (G,So)	Baked Fish Fingers with Lemon Wedge (F,G) Or Baked Salmon Fishcake (G,F,E)
<b>Veggie</b>	Slow Cooked Vegetable Tacos with Cheese (G,Mk)	Margherita Focaccia Pizza (G,Mk)	Roast Vegetable Sausage with Yorkshire Pudding and Gravy (G,E,Mk)	Slow Cooked Vegan Mince Bolognaise with Wholegrain Penne Pasta (G,So)	Baked Vegetable Fingers with Lemon Wedge and Tartare Sauce (G,E,Mu)
<b>veg</b>	Mixed Vegetables	Maple Glazed Carrots Garden Peas	Sweetcorn Roasted Parsnips	Sauteed Savoy Cabbage Roasted Carrots	Garden Peas Baked Beans
<b>carbs</b>	Mashed Potato	Baked Potato Wedges	Crushed New Potatoes with Leeks	50/50 Rice	Oven Baked Chips
<b>Rolls</b>	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)	Cheddar Cheese (G,So,Mk) or Ham (G,So)	Cheddar Cheese (G,So,Mk) or Tuna (G,So,F)
<b>Dessert</b>	Fruit Platter	Jam and Banana Cake	Fruity Jelly	Pear Traybake (G,Mk)	Chocolate Cake

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

26/01/2026 and 02/03/2026

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