

Menu

Week 1



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

MON

TUES

WED

THU

FRI

Soup
HOT HOT HOT

Vegan Sweetcorn
chowder
(G,So,Ce)

Vegan Red pepper,
sweet potato & smoked
paprika soup (G)

Curried parsnip
(Mu,Mk,G)

Vegan Italian bean soup
(Mu,Ce)

Cream of celeriac soup
(Mk,Ce)

Mains
HAPPY TUMS

Chicken Balti with
peppers & spinach
(none)

Italian Lasagne with
minced beef ragout and
mozzarella crust
(G,Mk)

Roast chicken breast with
sage and onion stuffing
and pan gravy
(G)

Turkey and Sweetcorn
Pie with home-made
shortcrust Pastry
(G,Mk)

Batter crisp MSC Pollock
fillet

Fresh Tartare sauce and
lemon wedges
(G,Mu,F,E)

or
Griddled Miso Salmon
with Asian Vegetable
Noodles (G,So,F,E)

Veggie
MEAT FREE

Homemade pea & potato
samosa with curry sauce
and Raita
(G,Mu,Mk,)

Vegan Roasted winter
beetroot and red onion
Tarte Tatin
(G)

Cream cheese, red onion
and spinach pasta bake
(G,Mk)

Veggie lentil bolognese,
penne pasta and
parmesan
(G,Mk,E)

Vegan Chick pea and
corn burger with a
mango and lime salsa
(G,Se)

veg
EXTRA GOOD

Bombay vegetables
Cabbage

Sweetcorn
Roasted cauliflower

Broccoli
Roasted squash & sweet
potato

Carrots
Green beans

Garden peas
Baked beans

Carbs
FILLING

Steamed basmati rice

Focaccia fingers
(G)

Roast potatoes

Creamy mashed potato
(Mk)

Baked oven chips

Dessert
SOMETHING SWEET

Orchard crumble
with custard
(G,Mk)

Eccles cake tray bake
with cream
(G,Su,So,Se,Mk,L)

St Stephens pudding with
vanilla custard
(G,So,Se,Mk,E)

Lemon & lime drizzle
cake
(G,E,Mk)

Jam roly poly with
custard
(G,So,Mk)



**JANUARY
LEEKS**

26TH - AUSTRALIA DAY

**FEBRUARY
PARSNIPS**

11TH - CHINESE NEW YEAR



**MARCH
SPINACH**

24TH - INDIAN DAY

**APRIL
NEW**

POTATOES

23RD - ST GEORGE'S DAY



Dates

XXXX

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

Allergens

Menu

Week 2



THE FRESH LITTLE
ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	MON	TUES	WED	THU	FRI
Soup HOT HOT HOT	Spring onion pea & mint (Mk)	Butternut squash and parmesan (Mk,E)	Vegan Ash-e reshteh (Iranian minestrone) (G)	Broccoli and stilton (Mk)	Vegan Middle eastern lentil (G)
Mains HAPPY TUMS	Spicy beef tacos, sour cream, grated cheese guacamole & salad (Mk,G)	Spanish style chicken, chorizo and potato tray bake (So,Mk)	Slow cooked Lamb and Vegetable Stew with lemon and herb dumplings (G,So,Mk,E,Ce)	Pork butchers sausages with gravy (G,Su)	Batter crisp MSC Pollock fillet, fresh Tartare sauce and lemon wedges (G,Mu,F,E) or Roast Pollock, Fennel, and New Potatoes Tray Bake with a Lemon and Caper Aioli (F,E)
Veggie MEAT FREE	Spicy vegetable Tacos sour cream, grated cheese guacamole & salad (Mk,G)	Vegan Puy lentil shepherd's pie with sweet potato (So,G,Ce)	Tomato and mozzarella stone-baked pizza with wedges and coleslaw (G,Su,Mu,Mk,Ce)	Indian spiced vegetable filo strudel with mango chutney (G,Mu,Mk)	Oven baked gnocchi with tomato, mozzarella & pesto served with garlic bread (G,So,Mk,E)
veg EXTRA GOOD	Rainbow slaw (no mayo) BBQ beans	Steamed broccoli Roasted carrots	Roasted kale Cauliflower	Green beans Sweetcorn	Garden peas Baked beans
Carbs FILLING	Mexican tomato rice (Ce,G)		New potatoes	Creamy mashed potato (Mk)	Baked oven chips
Dessert SOMETHING SWEET	Apple and cinnamon pie with shortcrust pastry and custard (G,Mk,E)	Carrot cake with cream cheese frosting (G,Mk,E)	Sticky toffee pudding with toffee sauce (G,Su,Mk,E)	Steamed chocolate chip pudding with chocolate sauce (G,Mk,E,So)	Baked Banoffee cheesecake (G,Mk,E)



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11TH - CHINESE NEW YEAR



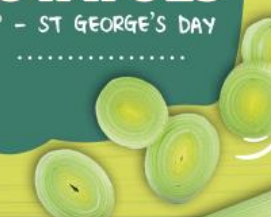
MARCH
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Menu

Week 3



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

MON

TUES

WED

THU

FRI

Soup
HOT HOT HOT

Vegan Tomato chipotle & rice soup

Spiced lentil soup
(Mu)

Moroccan carrot & ginger
(G)

Vegan Chunky vegetable & pearl barley
(G,Ce)

Chickpea tomato and pasta soup
(G)

Mains
HAPPY TUMS

Bolognese beef pasta bake with creamy cheddar topping
(G,Mk)

Slow cooked Jamaican jerk pork with sweet potato

Roast Norfolk turkey with apricot stuffing Cranberry sauce & gravy
(G,Su,So,Se,Mk)

Classic beef burger served in a sesame seed bun with mayonnaise, shredded iceberg, fried onions, ketchup
(G,Su,Se,E,Ce)

Batter crisp MSC Pollock fillet, fresh Tartare sauce and lemon wedges
(G,Mu,F,E)
or
Thai style Ginger and Lemongrass Steamed fish with Jasmine Rice
(G,So,F)

Veggie
MEAT FREE

Vegan Tandoori cauliflower with taka dhal & naan bread
(G,Mk,Ce)

Layered roasted vegetable, tomato Enchilada pie
(G,Mk)

Cherry tomato pesto & mozzarella puff pastry tart
(G,Mk)

Spanish omelette with potatoes, cheddar and peas
(Mk,E)

Chinese vegetable spring rolls with sweet chilli & coriander sauce
(G,So,Se)

veg
EXTRA GOOD

Broccoli Chefs mixed salad

Garden peas Roasted leeks

Carrot & swede mash
(Mk)
Cauliflower

Sweetcorn Green beans

Garden peas Baked beans

Carbs
FILLING

Garlic bread
(G,So,Mk)

Rice and peas (No coconut)

Thyme roast potatoes

Parmentier potatoes

Baked oven chips

Dessert
SOMETHING SWEET

Nutless Bakewell tart with custard
(G,Mk,E)

Steamed strawberry jam sponge pudding
(G,Mk,E)

Italian tiramisu
(G,Se,Mk)

Banana and chocolate crumble with custard
(G,So,Mk)

Lemon meringue pie
(G,Su,Mk,E)

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APRIL NEW POTATOES
23RD - ST GEORGE'S DAY

Menu

Week 4



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

MON

TUES

WED

THU

FRI

Soup
HOT HOT HOT

Cream of leek and potato
(Mk)

Vegan French onion
soup
(G)

Cauliflower and cheddar
(G,Mk)

Cream of mushroom
(G,Mk)

Vegan Watercress and
potato

Mains
HAPPY TUMS

Mexican chilli con carne,
crushed spicy nachos and
sour cream
(Mu,Mk)

Roast potato, turkey,
sausage & stuffing pie
with a shortcrust pastry
top
(G,Su,Mu,Mk)

Peri Peri marinated
chicken thighs with lemon
mayonnaise and red
coleslaw in a torpedo roll
(G,Se,Mu,Mk,E)

Savoury sausage meat
puff pastry Platt, red
onion marmalade gravy
(G,Su,E)

Batter crisp MSC Pollock
fillet, fresh Tartare sauce
and lemon wedges
(G,Mu,F,E)
or
Indian spiced Pollock
with Warm Coronation
Potato Salad and Mango
Salsa (Mu,Mk,F,E,G)

Veggie
MEAT FREE

Vegetarian mince chilli
con carne, crushed spicy
nachos and sour cream
(G,So,Mu,Mk)

Macaroni, creamy
cheese and leek
crumble
(G,So,Se,Mk)

Sweet potato Feta &
spinach puff pastry pie
(G,Mk,E)

Vegan Moroccan
vegetable and chick pea
tagine
(G,So)

Keema vegetable pattie
(G,So,Mu,E)

veg
EXTRA GOOD

Corn on the cob
Crudites

Roasted cauliflower
Garden peas

Roasted carrots
Broccoli

Roasted vegetables
Green beans

Garden peas
Baked beans

Carbs
FILLING

Steamed rice

Creamy mashed potato
(Mk)

Cajun roasted new
potatoes
(Mu)

Crushed potatoes
(Mk)

Oven baked chips

Dessert
SOMETHING SWEET

Roasted pineapple and
ginger cake
(G,Mk,E)

Blueberry mess
(Mk,E)

Lemon and poppy seed
pudding
(G,Mk,E)

Cornflake tart and
custard
(G,Mk,E)

Apple upside down cake
with custard
(G,Mk,E)

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