

MENU

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MARCH SPINACH

11th - World Book Day

APRIL NEW POTATOES

23rd - St George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

7th - 11th Environment Week

JULY MINT

7th - Wimbledon Day

MON

Spicy beef tacos
(none)
sour cream, grated
cheese (Mk)
guacamole & salad

Mains
HAPPY TUMS

Spicy veggie tacos
(none)
sour cream, grated
cheese (Mk)
guacamole & salad

Veggie
MEAT FREE

Rainbow slaw (E)
Sweetcorn

veg
EXTRA GOOD

Steamed rice
(none)

Carbs
FILLING

Apple and cinnamon
pie with shortcrust
pastry and custard
(G,Mk,E)
Dairy/egg free
chocolate cake (G)

Dessert
SOMETHING SWEET

TUES

Spanish style
chicken, chorizo and
potato tray bake
(So,Mk)
Plain chicken pieces
(none)

Vegan Puy lentil
shepherd's pie with
sweet potato
(So,G,Ce)

Steamed broccoli
Roasted carrots

Garlic bread
(Mk,G)

Carrot cake with
cream cheese
frosting
(G,Mk,E)
Dairy free
shortbread

WED

Pork butchers
sausages with gravy
(G,Su)

Veggie sausages with
gravy (G)

Green beans
Cauliflower

Allergen free mashed
potatoes
(none)

Sticky toffee pudding
with toffee sauce
(G,Su,Mk,E)
Watermelon
(none)

THU

Shepherds pie
With a dairy-free
mash topping
(none)

Tomato and
mozzarella
stonebaked pizza
with wedges and
coleslaw
(G,Su,Mu,Mk,Ce)

Courgettes
Roasted tomatoes

Baked potato wedges
(none)

Steamed chocolate
chip pudding with
chocolate sauce
(G,Mk,E,So)
Dairy/egg free
sponge (G)

FRI

Oven baked
fishfingers, fresh
tartare sauce and
lemon wedges
(G,Mu,F,E)
Chicken, broccoli,
pasta bake
(G)

Oven baked gnocchi
with tomato,
mozzarella & pesto
served with garlic
bread
(G,So,Mk,E)

Garden peas
Baked beans

Baked oven chips

Baked Banoffee
cheesecake
(G,Mk,E)
Jelly with satsuma
(none)

(G)

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

DATES

15th March 2021

MENU

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

MARCH SPINACH

11th - World Book Day

APRIL NEW POTATOES

23rd - St George's Day

MAY BASIL

5th - Europe Day

JUNE BEETROOT

7th - 11th Environment Week

JULY MINT

7th - Wimbledon Day

MON

TUES

WED

THU

FRI

Mains
HAPPY TUMS

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

Slow cooked Jamaican jerk chicken with sweet potato (none)

Roast Norfolk turkey (none) with stuffing, cranberry sauce & gravy (G,Su,So,Mk)

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

Oven baked fish fingers, fresh tartare sauce and lemon wedges (G,Mu,F,E) Chicken, broccoli, pasta bake (G)

Veggie
MEAT FREE

Penne pasta with a ratatouille sauce (G) Roasted vegetable pasta (no tomatoes or celery) (G)

Roasted vegetable, feta, tomato puff pastry pie (G,Mk)

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

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

Veggie sausage hotdog with salad (G)

veg
EXTRA GOOD

Broccoli Chefs mixed salad

Carrots Roasted Leeks

Cabbage Roast parsnips

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) Dairy/egg free sponge (G)

Steamed strawberry jam sponge pudding (G,Mk,E) Watermelon (none)

Raspberry cheesecake (G,Mk,E) Jelly with satsuma (none)

Banana and chocolate crumble with custard (G,So,Mk) Dairy/egg free chocolate cake (G)

Lemon meringue pie (G,Su,Mk,E) Dairy free shortbread (G)

DATES

22nd March 2021

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