

Menu

Week 1



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Prime butchers pork sausages or Chicken & herb sausages (G,Su)	Chicken Korma (Mu,Mk)	Sliced roast turkey with gluten free gravy (none) Sage and onion stuffing and cranberry sauce (G)	Penne pasta with a beef bolognese sauce (G)	MSC cod baked fish fingers served with lemon and homemade tartare sauce & ketchup (E,F,G,Mu,Su)
Veggie AND Vegan	Veggie sausages with a veggie gravy (G,So)	Quorn mince Balti (E,Mu,G)	VEGAN Shepherdess pie (Ce)	VEGAN Oriental veggie spring rolls & sweet chilli sauce (G,So)	Roasted vegetable & mozzarella pizza (G,Mk)
veg EXTRA GOOD	Steamed broccoli Carrots	Corn on the cob Green beans	Roasted vegetables Cauliflower	Salads from the salad bar	Garden peas
Carbs FILLING	Mashed potato	Steamed rice	Roast new potatoes	Garlic bread (Mk,G)	Baked oven chips (none)
Extras TASTY	Baked jacket potato with the filling of the day Pasta (G) with a tomato & vegetable sauce Salad bar, yoghurt & fresh fruit available every day				
Dessert SOMETHING SWEET	Sticky toffee pudding with toffee sauce (E,G,Mk,Su)	Strawberry cheesecake (G,Mk)	Chocolate chip banana bread (E,G,Mk,So)	Jam tart with custard (E,G,Mk)	Oaty flapjack (E,G,Mk)

APRIL NEW POTATOES
23rd - St George's Day

MAY BASIL
5th - Europe Day

JUNE BEETROOT
7th - 11th Environment Week

JULY MINT
7th - Wimbledon Day

Dates
Text

Allergens
 Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds V = Vegetarian
 Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya Ve = Vegan
 E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Menu

Week 2



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Sticky BBQ Chicken	Classic Italian beef lasagne (G,Mk)	Roast chicken with gluten free gravy (none) Lemon & thyme stuffing (G)	Sausage meat Wellington (G,Su)	Prime beef burger in a bun with ketchup (G,E,Su)
Veggie AND Vegan	Sweet and sour Quorn (E,G)	Mediterranean vegetable lasagne (G,Mk)	Vegetarian squash and mushroom wellington (G)	Cheddar cheese and tomato tart (G,Mk,E)	Sweet potato and Halloumi burger in a bun with ketchup (G,Mk,Se)
veg EXTRA GOOD	Broccoli Sweetcorn	Mixed salad	Carrots Braised cabbage	Roasted cauliflower Green beans	Baked beans
Carbs FILLING	Sweet potato wedges	Rosemary foccacia (G)	Roast potatoes	Mash potato	Baked oven chips (none)
Extras TASTY	Baked jacket potato with the filling of the day Pasta (G) with a tomato & vegetable sauce Salad bar, yoghurt & fresh fruit available every day				
Dessert SOMETHING SWEET	Rocky road slice (So,G,Mk)	Honey cake (G,E)	Carrot cake with cream cheese frosting (E,G,Mk)	Pear & chocolate sponge with custard (E,G,Mk)	Banoffee pot (So,G,Mk)

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Week 3



THE FRESH LITTLE ALLSTMENT
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MON TUES WED THU FRI

Mains

HAPPY TUMS

Chilli co carne
Chicken fajita wrap (G,Mk,Mu)
Turkey & sweetcorn puff pastry pie (G)
Penne pasta & meatballs in a chunky tomato sauce (G,Su)
Fish goujons with lemon and homemade tartare sauce & ketchup (E,F,G,Mu,Su)

Veggie AND Vegan

Veggie mince chilli (G,E)
Roasted vegetable fajita wrap (G,Mk)
Roast vegetable and feta pie (G,Mk)
Veggie mince fussili bolognaise (G,So)
Beetroot falafel with Garlic dip (Mk,E)

veg

EXTRA GOOD

Corn on the cob
Roasted Courgette
Broccoli
Coleslaw (E)
Carrots
Green beans
Chefs salad
Garden peas

Carbs

FILLING

Steamed Rice
Potato wedges
Herb roasted potatoes
Garlic bread (Mk,G)
Baked oven chips

Extras

TASTY

Baked jacket potato with the filling of the day
Pasta (G) with a tomato & vegetable sauce
Salad bar, yoghurt & fresh fruit available every day

Dessert

SOMETHING SWEET

Lemon drizzle cake (E,G,Mk)
Orange chocolate cookie (G,Mk,So)
Banana cake (E,G,Mk)
Dairy free cherry shortbread (G)
Chocolate rice crispy slice (So,G,Mk)

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