

WEEK 1

15TH April, 6TH May, 3RD June,
24TH June

MENU

Eat the
Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup HOT HOT HOT	Two mushroom velouté (G,Mk)	Vegan watercress and potato	Curried parsnip (Mu,Ce)	Vegan Italian bean soup (Mu,Ce)	Cream of celeriac soup (Ce,Mk)
Mains HAPPY TUMS	Veggie chilli con carne, crushed nachos and sour cream (So,Mk)	Italian beef lasagne (G,E,Mk)	Roast chicken breast and sage and onion stuffing (G)	Cowboy pie (G,Su)	Fish fingers, tartare sauce and lemon (F,G,E)
Veggie MEAT FREE	Spicy vegetable tacos sour cream, grated cheese (G,Mk)	Veggie lentil bolognaise, penne pasta and parmesan (G,Mk)	Cream cheese, red onion and spinach pasta bake (G,Mk)	Veggie cowboy pie (G)	Vegetable spring rolls with sweet chilli and coriander sauce (G,So)
veg EXTRA GOOD	Rainbow slaw (E) Mixed leaves	Tomato and red onion salad	Roasted carrots Cabbage	Cauliflower Green beans	Garden peas Baked beans
Carbs FUEL FOOD	Mexican tomato rice (Ce)	Focaccia fingers (G)	Roast potatoes	Crushed new potatoes	Baked oven chips
Dessert SOMETHING SWEET	Steamed chocolate chip pudding with chocolate sauce (G,E,Mk,So)	Eccles cake tray bake with cream (Su,So,Se,Mk,L,G)	Lemon and poppy seed pudding (G,E,Mk)	Pear streusel cake (G,E,Mk)	Raspberry granola bar with yoghurt topping (G,Mk)

Jacket potatoes, salad bar and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
23rd - National Biscuit Day

Green
JUNE
LGBTQ+ Month
5th - World Environment Day

Purple
JULY
4th - World Chocolate Day

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



WEEK 2

22nd April, 13th May,
10th June, 1st July

MENU

Eat the
Rainbow

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup HOT HOT HOT	Carrot and coriander (G)	Butternut squash	Cream of leek and potato (Mk)	Broccoli and stilton (Mk)	Vegan French onion soup (G)
Mains HAPPY TUMS	Mild chicken curry with peppers and spinach	Beef mince enchilada pie (G,Mk)	Turkey, sausage and stuffing pie (G,Su)	Chicken pasta bake (G)	Fish fingers, tartare sauce and lemon wedges (G,F,E)
Veggie MEAT FREE	Vegan Moroccan vegetable and chick pea tagine	Layered roasted vegetable, tomato enchilada pie (G,Mk)	Sweet potato feta and spinach puff pastry pie (G,Mk)	Macaroni, creamy cheese and leek crumble (G,Mk)	Oven baked gnocchi with tomato, mozzarella and pesto, garlic bread (G,So,Mu,Mk,E)
veg EXTRA GOOD	Bombay vegetables Steamed broccoli	Guacamole Pickled red cabbage (Su)	Curly kale Roasted carrots	 Chef's salad	Garden peas Baked beans
Carbs FUEL FOOD	Steamed basmati rice	Potato wedges	Thyme roast potatoes	Garlic bread (G,Mk,So)	Baked oven chips
Dessert SOMETHING SWEET	Orchard crumble with custard (G,Mk)	Steamed strawberry jam sponge pudding (G,E,Mk,Su)	Italian tiramisu (G,E,Mk,So)	Apple and cinnamon pie with shortcrust pastry and custard (G,Mk)	Baked banoffee cheesecake (G,Mk)

Jacket potatoes, salad bar and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
23rd - National Biscuit Day

Green
JUNE
LGBTQ+ Month
5th - World Environment Day

Purple
JULY
4th - World Chocolate Day

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



WEEK 3

29th April, 13th May,
17th June, 8th July

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Soup
HOT HOT HOT

Vegan tomato
chipotle and rice soup

Cauliflower and
cheddar **(Mk)**

Moroccan carrot and
ginger

Vegan chunky
vegetable

Chickpea and tomato

Mains
HAPPY TUMS

Pesto pasta **(G,Mk)**

Spanish style chicken,
chorizo and potato
tray bake **(Mk)**

Pork butcher's
sausages with gravy
(G,Su)

Chinese chicken curry
(Mu,Ce)

Beef burgers **(G,Su,Se)**

Veggie
MEAT FREE

Veggie pasta
bolognaise **(G,So)**

Vegan puy lentil
shepherd's pie with
sweet potato **(G,Ce)**

Vegetarian sausages
(G)

Vegetable curry
(Mu,Ce)

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

veg
EXTRA GOOD

Chef's mixed salad

Steamed broccoli
Roasted carrots

Green beans
Roasted tomatoes

Chinese stir-fry veg
(So,G)

Garden peas
Baked beans

Carbs
FUEL FOOD

Garlic bread
(G,Mk,So)

Mashed potato

Steamed rice

Baked oven chips

Dessert
SOMETHING SWEET

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

Blueberry buttermilk
loaf **(G,Mk,E)**

Sticky toffee pudding
with toffee sauce
(G,E,Mk,Su)

Banana and chocolate
crumble with custard
(G,Mk)

Blueberry mess **(Mk,E)**

Jacket potatoes, salad bar and fresh fruit available daily.

Orange
APRIL
23rd - St George's Day

Yellow
MAY
23rd - National Biscuit Day

Green
JUNE
LGBTQ+ Month
5th - World Environment Day

Purple
JULY
4th - World Chocolate Day

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

