

# Menu

## Week 1

LOOK OUT FOR  
THIS ICON FOR  
HALAL DISHES



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

**JUNE  
BEETROOT**

7<sup>th</sup> - 11<sup>th</sup> June  
Environment Week

**JULY  
MINT**

7<sup>th</sup> July  
Wimbledon Day

mon

TUES

WED

THU

FRI

**Mains**  
HAPPY TUMS

Mild chick pea and  
cauliflower curry

Italian  
Lasagne  
(G,Mk)



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



Minced beef pie with  
shortcrust pastry  
(G,Mk,Ce)

Cod fish fingers  
Tartare sauce and  
lemon wedges  
(G,Su,F,E)

**Veggie**  
MEAT FREE

Homemade pea &  
potato Samosa  
steamed Basmati rice,  
curry sauce  
(G,Mu,Mk)

Mediterranean  
Vegetable Lasagne  
(G,MK, E)

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

Vegetarian mince Pie  
with Puff pastry  
(G, MK, E, So, Ce)

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

**veg**  
EXTRA GOOD

Bombay vegetables  
Steamed broccoli

Sweetcorn  
Courgettes

Roasted carrots  
Cabbage

Cauliflower  
Green beans

Garden peas  
Baked beans

**carbs**  
FUEL FOOD

Steamed basmati rice

Focaccia fingers  
(G)

Roast potatoes

New mid potatoes

Baked oven chips

**Dessert**  
SOMETHING SWEET

Orchard crumble  
with custard  
(G,Mk)

Sugar free banana  
flapjack  
(G)

Fruit jelly pot  
(None)

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

Fresh fruit salad

Jacket Potatoes served on Tuesday's, salad bar, cold desserts and fresh fruit available daily.

**Dates**

28<sup>th</sup> June

**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

# Menu

## Week 2

LOOK OUT FOR  
THIS ICON FOR  
HALAL DISHES



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

**JUNE  
BEETROOT**

7<sup>th</sup> - 11<sup>th</sup> June  
Environment Week

**JULY  
MINT**

7<sup>th</sup> July  
Wimbledon Day

mon

TUES

WED

THU

FRI

**Mains**  
HAPPY TUMS

Macaroni Cheese Bake  
(G, Mk)

Spanish style chicken  
and potato tray bake  
(So,Mk)



Tomato and  
mozzarella  
stonebaked pizza  
(G,Mk)

Pork butchers  
sausages with gravy  
(G,Su)

Batter crisp Pollock  
fillet, Tartare sauce  
and lemon wedges  
(G,Mu,F,E)

**Veggie**  
MEAT FREE

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

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

Quorn Sausages  
(E, G, Mk)

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

**veg**  
EXTRA GOOD

Peas  
Sweetcorn

Steamed broccoli  
Roasted carrots

Sweetcorn  
cauliflower

Courgettes  
Green Beans

Garden peas  
Baked beans

**carbs**  
FUEL FOOD

Steamed rice

Creamy mashed  
potato  
(Mk)

Baked oven chips

**Dessert**  
SOMETHING SWEET

Steamed chocolate  
chip pudding with  
chocolate sauce  
(G,So,Mk,E)

Banana cake with  
cream cheese frosting  
(G,Mk,E)

Fruit jelly pot  
(None)

Chocolate and vanilla  
marble cake  
(Mk,E,G)

Fresh fruit salad

Jacket Potatoes served on Tuesday's, salad bar, cold desserts and fresh fruit available daily.

**Dates**

5<sup>th</sup> July

**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



# Menu

## Week 3

LOOK OUT FOR  
THIS ICON FOR  
HALAL DISHES



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

**JUNE  
BEETROOT**

7<sup>th</sup> - 11<sup>th</sup> June  
Environment Week

**JULY  
MINT**

7<sup>th</sup> July  
Wimbledon Day

mon

TUES

WED

THU

FRI

**Mains**  
HAPPY TUMS

Baked Penne Pasta  
with a rich tomato  
sauce and cheese  
(Mk, G)

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 bun  
NO Sesame  
(G,Su,Ce)

Cod fish fingers  
Tartare sauce and  
lemon wedges  
(G,Su,F,E)

**Veggie**  
MEAT FREE

Vegan Tandoori  
cauliflower with taka  
dhal with Rice  
(G,Ce)

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

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

Quorn Burger in a bun  
(E, Mk, G)

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

**veg**  
EXTRA GOOD

Broccoli  
Carrots

Sweetcorn  
Courgettes

Cauliflower  
Diced swede

Sweetcorn  
Green Beans

Garden peas  
Baked beans

**carbs**  
FUEL FOOD

Garlic Bread  
(G, So, MK)

coconut rice and peas

Thyme roast potatoes

Parmentier potatoes

Baked oven chips

**Dessert**  
SOMETHING SWEET

Warm Chocolate  
Brownie and ice  
cream  
(G,Mk,E)

Ginger Biscuit  
(G,Mk)

Fruit jelly pot  
(None)

Mixed berry flapjack  
(Mk,G)

Fresh fruit salad

Jacket Potatoes served on Tuesday's, salad bar, cold desserts and fresh fruit available daily.

**Dates**

14<sup>th</sup> June, 12<sup>th</sup> July

**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

# Menu

## Week 4

LOOK OUT FOR  
THIS ICON FOR  
HALAL DISHES



**THE FRESH LITTLE  
ALLSTMENT**

SEASONALLY FRESH, PERFECTLY PICKED

**JUNE  
BEETROOT**

7<sup>th</sup> - 11<sup>th</sup> June  
Environment Week

**JULY  
MINT**

7<sup>th</sup> July  
Wimbledon Day

mon

TUES

WED

THU

FRI

**Mains**  
HAPPY TUMS

Bolognaise soy mince  
pasta bake with  
creamy cheddar  
topping  
(G, Mk, So)

Roast potato, turkey,  
Halal chicken sausage  
& stuffing pie  
(G,Su,Mu,Mk)

Peri Peri marinated  
chicken thigh with  
lemon mayonnaise  
(E)

Savoury sausage meat  
puff pastry Platt  
(G,Su,E)

Batter crisp Pollock  
fillet  
Tartare sauce and  
lemon wedges  
(G,Mu,F,E)

**Veggie**  
MEAT FREE

Quorn, sweet potato  
Rogan Josh with rice  
(E)

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 stew  
(G,So)

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

**veg**  
EXTRA GOOD

Sweetcorn  
Courgettes

Roasted cauliflower  
Curly kale

Sticky honey carrots  
Broccoli

Coriander roasted  
tomatoes  
Green beans

Garden peas  
Baked beans

**carbs**  
FUEL FOOD

Roasted potatoes

Crushed potatoes  
(Mk)

Baked oven chips

**Dessert**  
SOMETHING SWEET

Blueberry mess  
(Mk,E)

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

Fruit jelly pot  
(None)

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

Fresh fruit salad

Jacket Potatoes served on Tuesday's, salad bar, cold desserts and fresh fruit available daily.

**Dates**

21<sup>st</sup> June, 19<sup>th</sup> July

**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