

Week 1

# MENU

mindful  
**food**  
BOOST YOUR MIND

Monday      Tuesday      Wednesday      Thursday      Friday

## MAINS HAPPY TUMS

Chicken korma  
with steamed rice  
& mango chutney  
**(Mu, Mk)**

Pork sausage &  
herb meat  
wellington with  
seasoned wedges  
**(G,Mk,Mu)**

Roast chicken and  
roast potatoes  
with gravy

Halal BBQ  
Chicken wrap  
with savoury rice  
**(G,Mu)**

Breaded fish  
fingers  
with chips  
**(G,F)**

## VEGGIE MEAT FREE

Quorn korma  
with steamed rice  
and mango  
chutney  
**(E,Mu,MK)**

Cheese, tomato &  
onion quesadilla  
with wedges  
**(MK,G)**

Roasted  
Vegetable tart  
with pesto  
**(G,E,MK)**

Macaroni cheese  
bake with garlic  
slice  
**(G,Mk)**

Vegetable fingers  
with chips  
**(G)**

## VEG EXTRA GOOD

Roasted spiced  
cauliflower  
  
Green beans

Sweetcorn  
  
Baked beans

Steamed cabbage  
  
Carrots

Broccoli  
  
Sweetcorn

Baked beans  
  
Garden peas

## DESSERT SOMETHING SWEET

Apple &  
cinnamon sponge  
with custard  
**(G,E,Mk)**

Vanilla  
shortbread  
**(G,Mk)**

Lemon drizzle  
cake  
**(G,E,Mk)**

Vegetarian  
strawberry jelly

Chocolate rice  
crispy cake  
**(G,Mk)**

**Jacket potatoes, salad bar, cold desserts and fresh fruit available daily**



### Dates

25<sup>th</sup> April, 16<sup>th</sup> May, 20<sup>th</sup> June, 11<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

Week 2

# MENU

mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

## MAINS HAPPY TUMS

Cumberland sausage with creamy mash potato & gravy  
**(G,Mk)**

Beef bolognaise with spaghetti  
**(G)**

Roast turkey with roast potatoes and roast gravy

Halal fried chicken noodles  
**(G,E,Mu)**

Breaded fish fillet with chips  
**(G,F)**

## VEGGIE MEAT FREE

Veggie sausage with creamy mash potato & gravy  
**(G,So,Mu)**

Veggie mince Lasagne  
**(G,So,Mk)**

Quorn mince & apricot wellington with roast potatoes & gravy  
**(G.Mk.E)**

Macaroni cheese served with garlic bread  
**(G,Mk)**

Vegetarian samosas with chips & mango dip  
**(G,Mk,Mu)**

## VEG EXTRA GOOD

Beans

Sweetcorn

Carrots

Cauliflower

Baked beans

Peas

Broccoli

Mixed Vegetables

Sweetcorn

Garden peas

## DESSERT SOMETHING SWEET

Apple & cinnamon crumble with custard  
**(G,Mk)**

Chocolate sponge with chocolate sauce  
**(G,Mk,E)**

Vegetarian orange jelly

Banana cake  
**(G,E,Mk)**

Strawberry ice cream  
**(Mk)**

Jacket potatoes, salad bar, cold desserts and fresh fruit available daily



## Dates

2<sup>nd</sup> May, 23<sup>rd</sup> May, 27<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

Week 3

# MENU

mindful  
**food**  
BOOST YOUR MIND

Monday      Tuesday      Wednesday      Thursday      Friday

## MAINS HAPPY TUMS

Spicy Beef Chilli  
Tacos with  
steamed rice  
**(Mu)**

Breaded chicken  
burger with  
lettuce in a  
floured bun with  
Potato wedges  
**(G,Mk)**

Roast pork &  
apple sauce with  
roast potatoes &  
gravy

Halal peri peri  
chicken served  
with savoury rice  
with peppers  
**(Mu)**

Breaded fish  
fingers  
**(G,F)**

## VEGGIE MEAT FREE

Veggi mince chilli  
tacos with  
steamed rice  
**(Mu,So)**

Cheese & tomato  
pizza with potato  
wedges  
**(G, Mk)**

Vegetarian Quorn  
pattie with roast  
potatoes  
**(G,Mk,E)**

Tomato and  
penne pasta bake  
with cheesy top  
**(G,Mk)**

Cheese and onion  
sausage roll  
**(G,Mk)**

## VEG EXTRA GOOD

Carrots

Sweetcorn

Peas

Green beans

Baked beans

Peas

Baked beans

Cauliflower

Sweetcorn

Garden peas

## DESSERT SOMETHING SWEET

Apple and  
cinnamon  
crumble with  
custard  
**(G,Mk)**

Choc chip flapjack  
**(G,Mk)**

Jam & coconut  
sponge  
**(G,E,Mk)**

Vegetarian  
strawberry jelly

Chocolate ice  
cream  
**(M)**

Jacket potatoes, salad bar, cold desserts and fresh fruit available daily



### Dates

9<sup>th</sup> May, 13<sup>th</sup> June, 4<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