



Menu

week 1



THE FRESH LITTLE ALLSTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Protein

HAPPY TUMS

MON

Jacket potato with chicken mayo
(Mk,E,Mu)

TUES

Farm assured pork sausage
(G,Su)

WED

Macaroni cheese
(G,Mk,Mu)

THU

Breaded chicken
(G,Mk,E)

FRI

Breaded cod fish finger
(G,F)

Veggie

MEAT FREE

Jacket potato with cottage cheese
(Mk)

Vegetarian sausage
(G,Mk,E)

Broccoli & cheddar quiche
(G,Mk,E)

Spinach, pepper & potato frittata
(Mk,E)

Sides

YUMMY

Cheddar cheese
(Mk)

Mash potato
(Mk)

Garlic bread
(G,Mk,So)

Potato wedges

Oven baked chips

Veg

EXTRA GOOD

Sweetcorn

Baked beans

Steamed broccoli

Carrots

Garden peas

Dessert

SOMETHING SWEET

Chocolate brownie
(G,Mk,E)

Flavoured yoghurt
(Mk)

Cookie of the day
(G,Mk,E,So)

Jelly pot

Flapjack
(G,Mk)

Fresh fruit is available daily



JANUARY LEEKS

26TH - AUSTRALIA DAY

FEBRUARY PARSNIPS

11TH - CHINESE NEW YEAR



MARCH SPINACH

24TH - INDIAN DAY

APRIL NEW POTATOES

23RD - ST GEORGE'S DAY



Dates

Week commencing: 4th Jan, 25th Jan,
22nd Feb, 15th March

Allergens

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