



Menu

Week 1



THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
**BRUSSEL
SPROUTS**

Look for this logo on
the menu to try a
yummy seasonal special!

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Chicken and
Sweetcorn Penne
Pasta
(G,Mk)

Pork Sausage with
Gravy
(G,Su)



Thyme Roast Chicken
Thigh with Gravy

Chicken Tagine
(G)

Fish Fingers with
Ketchup
(G,F,)

Veggie
MEAT FREE MAINS

Roasted Vegetable
and Sweetcorn Pie
(G,E,Mk,Ce)

Vegetable Sausage
with Gravy
(G,Ce)

Homemade Pea,
Spinach and Cheddar
Cheese Quiche
(G,E,Mk)

Sweet Potato and
Butternut Tagine
(G,Mu,So)



Veg Finger with
Ketchup
(G,Su)

veg
EXTRA GOOD

Broccoli
Green Beans

Garden Salad

Carrots
Steamed Green
Beans

Roasted Cauliflower
Red Onion and
Courgettes Sauté

Baked Beans
Peas

Carbs
FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Mashed Potato

Roast New Potatoes

Biryani Rice

Oven Baked Chips

Dessert
SOMETHING SWEET

Fresh Fruit
Platter



Apple and Sunflower
Seed Honey Bar
(G)



Fruity Jelly

Vanilla Sponge
(G,E)

Pear Crumble with
Custard
(G,E)



Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Dates

01/09/25, 29/09/25,
03/11/25 and 01/12/25

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



THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Beef Bolognaise
Pasta Bake
(G,Mk)

Chicken Fajita
(G,Mk,Mu)

Roast Turkey With
Gravy

Toad in the Hole
with Gravy
(G,E,Mk,Su)

Battered Pollock with
Ketchup
(G,F)

Veggie

MEAT FREE MAINS

Macaroni and
Cheese
(G,Mk)

Vegetable Enchilada
with a Tomato Sauce
and Cheese
(G,Mk,Mu)

Roasted Vegetable
Crumble
(G,Mk,Mu)

Vegetable Sausage
Toad in the Hole with
Gravy
(G,E,Ce,Mk)

Leek Cheddar and
Sweetcorn Quiche
(G,E,Mk,Ce)

veg

EXTRA GOOD

Steamed Broccoli

Sancho Pollo
Coleslaw
(E)

Kale

Green Beans

Garden Peas

Chefs Salad

Sweetcorn

Roasted Carrots

Cauliflower

Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Mixed Potato
Wedges

Roasted Potatoes

Mashed Potato

Oven Baked Chips

Dessert

SOMETHING SWEET

Fresh Fruit
Platter



Pear and Raisin
Seed Bar
(G,Su)



Fruity Jelly

Berry Cheesecake
(G,Mk,Su)

Apple and Raisin Tray
Bake
(G,E)



Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
**BRUSSEL
SPROUTS**



Look for this logo on
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Dates

08/09/25, 06/10/25,
11/11/25 and 08/12/25

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

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Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Oven baked Chicken
tossed in Macaroni
and Pesto
(G,Mk)

Meatball Marinara
Sub Roll topped with
Crispy Onions
(G,Mk,Se)

Roast Chicken Thigh
with Gravy

Chicken and
Vegetable Hot Pot
with Sauté Potato
Topping
(Mk)

Fish Fingers with
Ketchup
(G,F)


Veggie

MEAT FREE MAINS

Macaroni Pasta
Tossed in a Basil
Pesto Baked with
Cheese
(G,Mk)

Falafel Marinara Sub
Roll Topped with
Crispy Onions
(G,Mk,Se)

Leek and Cheddar
Puff
(G,E,Mk)

Seasonal Vegetable
and Butternut
Squash Hot Pot with
Sauté Potato
Topping (Mk) 

Veg Finger with
Ketchup
(G,Su)


veg

EXTRA GOOD

Mixed Tossed Salad

Sweetcorn

Steamed Cauliflower

Brussel Sprouts 

Steamed Carrots

Cabbage with Leeks

Medley of Steamed
Green Vegetables

Garden Peas

Baked Beans

carbs

FUEL FOOD

Home Baked Garlic
Focaccia
(G)


Potato Wedges

Roasted New
Potatoes

Oven Baked Chips


Dessert

SOMETHING SWEET

Sliced Fruit
Platter 

Berry and Honey Bar
(G)

Fruity Jelly

Oat and Apple
Flapjack (G) 

Pear Sponge
Pudding (G,E,Mk) 

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL
SPROUTS

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Dates

15/09/25, 13/10/25,
17/11/25 and 15/12/25

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Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
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Mu = Mustard
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P = Peanuts

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Menu

Week 4



THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL SPROUTS

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Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Fully loaded Penne
with Lamb
Bolognaise
(G)

Pork Sausage and
Hash Browns
(G,Su,Mk)

Roast Turkey Breast
with Gravy

Pepperoni Pizza
(G,Mk,E,So)

Baked Battered Fish
with Ketchup
(G,F)

Veggie
MEAT FREE MAINS

Fully loaded Penne
Pasta with Vegetable
Bolognaise
(G)

Vegetable Sausage
and Hash Browns
(G,Ce)

Eat Curious and
Vegetable
Wellington served
with Gravy (G,E)

Margherita Pizza
(G,E,Mk,So)

Butternut Squash
and Tomato
Fajita
(G,Mk,Mu,So)

veg
EXTRA GOOD

Green Salad

Baked Beans

Green Beans

Cauliflower

Garden Peas

Sweetcorn

Peas

Roast parsnips

Steamed Carrots

Baked Beans

carbs
FUEL FOOD

Home Baked Garlic
Focaccia
(G)

Fresh Bread
(G)

Roasted Potatoes

Potato Wedges

Oven Baked Chips

Dessert
SOMETHING SWEET

Fresh Fruit
Platter

Pear and Sultana
Crumble with Custard
(G,Su,Mk)

Fruity Jelly

Syrup Sponge
(G,E)

Beetroot Brownie
(G,Mk,So,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Dates

22/09/25, 20/10/25 and
24/11/25

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
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