



Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday Tuesday Wednesday Thursday Friday

Soup

HOT HOT HOT

Garden Pea & Fresh Mint Chef's Seasonal Soup Kitchen Tomato & Basil Chef's Seasonal Soup Kitchen Thai Sweet Potato & Coconut (Ce)

Mains

HAPPY TUMS

Pasta Kitchen: Choose Your Pasta and Add Your Sauce
Tomato & Basil Sauce
Creamy Tomato Sauce (Mk)
Mild Spinach Pesto (E,Mk)
Cheese Sauce (G,Mk,Mu,E)

Roast Chicken with Sage & Onion Stuffing & Rich Gravy (G)

Potato Onion & Cheddar Pasty (G,Mk)

Traditional Beef Lasagne with a Cheesy Crust (G,Mk,E)

(VE) Roasted Summer Vegetable Lasagne (So)

Oven Baked Fish with Chunky Tartare Sauce and Lemon Wedges (G,F,E)

Mild Chicken Balti with Peppers & Spinach and Mango Chutney (Mu)

Zucchini Fritters with Mint Yoghurt Sauce (G,Mk)

Plant Rich Sweet Chilli & Halloumi Wrap with Humus (Se)

veg

EXTRA GOOD

Steamed Green Beans
Honey Glazed Carrots

Steamed Broccoli
Cheesy Cauliflower (MK)

Sauté Seasonal Greens
Chef's Mixed Summer Salad

Scented Mint Garden Peas
Baked Beans

Roasted Sweet Potatoes
Lemon & Mint Scented Cucumber, Spinach & Cherry Tomato Salad

Carbs

FUEL FOOD

Penne Pasta (G)

Skin on Roasted New Potatoes

Garlic Focaccia Bread (G)

Oven Baked Chips

Steamed White & Wholegrain Rice

Dessert

SOMETHING SWEET

Slice Fruits, Fruit Salad Yoghurt Pot (Mk)

White Chocolate Chip and Raspberry Sponge Cake (G,Mk,So,E)

Slice Fruits, Fruit Salad Yoghurt Pot (Mk)

Apricot Crumble (G) Served with Custard (Mk,E,So)

Slice Fruits, Fruit Salad Yoghurt Pot (Mk)

Available daily: Jacket Potatoes & Baked Beans, Cheese or Eggs, Plain Yoghurt – Dairy Free and Gluten Free options available

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

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

Dates

20/04 – 11/05 –
08/06 – 29/06

Allergens:

Please note the allergens shown within these menus are subject to change.

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



MENU

Week 2

FRANCIS HOLLAND
PREPARATORY SCHOOL



THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Soup
HOT HOT HOT

Potato & Chive

Courgette & Mint

Chef's Seasonal Soup
Kitchen

Tomato & Roasted
Pepper

Chef's Seasonal Soup
Kitchen

Mains
HAPPY TUMS

Traditional Beef
Bolognese with Basil &
Parmesan
(E,Mk)

Grilled Butchers Pork Or
Chicken Sausages (G, Su)
with Balsamic Onion
Chutney (Su)

Lamb Kofta with Tzatziki
Sauce
(Mk)

Roasted Vegetable &
Basil Focaccia Pizza
(G,Mk)

Korean BBQ Chicken
with Gochujang Mayo
(G,So,Se,Mu,Mo,Mk,F,
E,Cr)

Four Cheese Sauce
(G,E,Mk)

Flatbread With Broccoli
& Melted Cheese
(G,Mk)

Pea & Mint Falafel

Margherita Focaccia
Pizza

Korean BBQ Glazed
Halloumi & Pak Choi
Skewers
(Mk)

Tomato Basil Sauce

Summer Garden Salad

Steamed Broccoli

Crunchy Salad

Mint Scented
Garden Peas

Shredded Asian Lime &
Chilli Slaw (Se)

Sautee Lemon Scented
Courgette

Baked Beans

Mixed Mediterranean
Roasted Vegetables

Roasted Leeks

Grilled Sweetcorn

veg
EXTRA GOOD

carbs
FUEL FOOD

Spaghetti (G)

Crushed New
Potatoes with
Summer Herbs

Lemon Scented
Couscous (G)
Flat Bread (G)

Oven Baked Chips

Sticky Rice

Dessert
SOMETHING SWEET

Lemon Yoghurt Pot (Mk)
Fruit Salad
Slice Fruit

Chocolate Sponge with
Chocolate Orange
Frosting (G,E,Mk)

Strawberry Yoghurt Pot
(Mk)
Fruit Salad
Slice Fruit

Apple Crumble (G)
with Custard
(Mk,E,So)

Strawberry Yoghurt Pot
(Mk)
Fruit Salad
Slice Fruit

Available daily: Jacket Potatoes & Baked Beans, Cheese or Eggs, Plain Yoghurt – Dairy Free and Gluten Free options available

Find Sophie's Star to enjoy
the dish specially chosen
by our nutritionist!

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

APRIL
NEW
POTATOES

MAY
BASIL

JUNE
BEETROOT

JULY
MINT

Dates

27/04 – 18/05 –
15/06

Allergens: Please note the allergens shown within these menus are subject to change.

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

FRANCIS HOLLAND
PREPARATORY SCHOOL



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Soup
HOT HOT HOT

Monday	Tuesday	Wednesday	Thursday	Friday
Sweetcorn & Spring Onion Chowder (Ce)	Seasonal Vegetable & White Bean	Chef's Seasonal Soup Kitchen	Roasted Tomato & Oregano	Chef's Seasonal Soup Kitchen

Mains
HAPPY TUMS

<p><u>Pasta Kitchen: Choose Your Pasta and Add Your Sauce</u></p> <p>Chicken Arrabiata "Nutless" Basil Parmesan Pesto (G,E) Roasted Peppers & Tomato Sauce </p>	<p>Roast Pork Leg served with Rich Gravy & Apple Sauce</p> <p>Herby Tomato & Mozzarella Pasty (G,Mk)</p>	<p>Tandoori Chicken with Mint Chutney (Mk) </p> <p>Vegetarian Spring Roll (G,So,Se)</p>	<p>Beef Cheese Burger or Plant Based Vegetarian Cheese Burger</p> <p>Served with Ketchup, Mayo (E), Lettuce, Tomato, Pickled Gherkins and Onion</p>	<p>Mexican Inspired Beef or Quesadilla (G,Mk)</p> <p>Served with Sour Cream (Mk), Guacamole and Salsa</p>
---	---	--	--	---

veg
EXTRA GOOD

<p>Skin on Roasted Butternut Squash with Sage Green Beans</p>	<p>Steamed Broccoli Parsley Powered Carrots</p>	<p>Steamed Spring Greens Asian Salad (So)</p>	<p>Grilled Courgette Baked Beans</p>	<p>Grilled Corn & Red Peppers Pico de Gallo Salad</p>
---	---	--	--	---

Carbs
FUEL FOOD

Fusilli (Mk)	Skin on Roast Potatoes	Noodles	Oven Baked Chips	Rice
---------------------	------------------------	---------	------------------	------

Dessert
SOMETHING SWEET

<p>Lemon Yoghurt Pot (Mk) Fruit Salad Slice Fruit</p>	<p>Rhubarb & Strawberry Crumble (G) with Custard (Mk,E,So)</p>	<p>Lemon Yoghurt Pot (Mk) Fruit Salad Slice Fruit</p>	<p>Classic Trifle Pot (G,E,Mk,So)</p>	<p>Lemon Yoghurt Pot (Mk) Fruit Salad Slice Fruit</p>
--	--	--	--	--

Available daily: Jacket Potatoes & Baked Beans, Cheese or Eggs, Plain Yoghurt – Dairy Free and Gluten Free options available

APRIL NEW POTATOES

MAY BASIL

JUNE BEETROOT

JULY MINT

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

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

Dates

04/05 – 01/06 –
22/06

Allergens: Please note the allergens shown within these menus are subject to change.

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



