

≡ MENU ≡

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Soup
HOT HOT HOT

Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

DATES

05/01-26/01-23/02-
16/03

Tomato & Basil

Leek & Potato

Carrot & Coriander

Winter Vegetable

Cauliflower & White Bean

Accent Focaccia
(G)

Accent Focaccia
(G)

Chef's Speciality Guest Bread

Accent Focaccia
(G)

Accent Focaccia
(G)

Baked Pork & Leek Sausages
with Onion Gravy
(G, Su)

OR

Gnocchi with Vegetable
Ratatouille Sauce
(G, E, So, Mu, Mk)

Sticky Honey BBQ Chicken
OR

Grilled Polenta with Tomato,
Olives & Basil (G)

Roast Leg of Pork with Apple
Sauce & Gravy
OR

Spiced Vegetable & Lentil
Pasties
(G, So, Se)

Fish Fingers (G, F)
Lemon Wedges

Tomato Ketchup

Tartare Sauce (E)
OR

Hand Crafted "Fishless"
Fingers with Tartare Sauce
(G, So)

Mild Smokey Beef Chilli Con
Carne
OR

Sweet Potato & Black Bean
Chilli (So)

Steamed Green Beans

Parsley Carrots

Steamed Sweetcorn

Cauliflower Florets

Green Cabbage & Kale
Honey & Thyme Roast Root
Vegetables

Minted Garden Peas

Baked Beans

Steamed Broccoli

Sauteed Courgettes

Colcannon Mash

Or

Plain Mash

White & Wholegrain Rice

Skin on Roasties

Oven Baked Chips

Steamed Rice

Fruit salad

Slice fruits

Yoghurt Pot (Mk)

Pear Crumble with

Custard (Mk)

Fruit salad

Slice fruits

Yoghurt Pot (Mk)

Steamed New Potatoes

Golden Syrup Sponge

(G, E, Mk)

Custard (Mk)

Fruit salad

Slice fruits

Yoghurt Pot (Mk)

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



JANUARY
LEAKS

FEBRUARY
PARSNIPS

MARCH
KALE

APRIL
NEW
POTATOES

Find Sophie's Star to enjoy
the dish specially chosen
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Look for this logo on
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Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Soup
HOT HOT HOT

Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

DATES

12/01-02/01-02/03-
23/03

Parsnip & Carrot

Farmhouse Leek & Potato

Sweet Potato

Roasted Carrot & Thyme

Creamy Sweetcorn
(Mk)

Irish Soda Bread
(G,Mk,So)

Garlic Focaccia
(G)

Chef's Speciality Guest Bread

Irish Soda Bread
(G,Mk,So)

Irish Soda Bread
(G,Mk,So)

Mild Chicken
Korma(Mk) Mango
Chutney (Mu)

OR

Chickpea, Roasted Veg and
Coriander Masala
Onion Bhaji (G)

Traditional Slow Cooked
Beef Lasagne
(G,Mk,E)

OR

Roasted Mediterranean
Vegetable Lasagne

Lemon & Herb Chicken with
Sage & Onion Stuffing (G)
and Gravy

OR

Roasted Vegetable &
Bean Crumble
(G,Mk)

Beef Burger in a Brioche Bun
(G, E, Mk, So, Su, Se)

Or

Quinoa & Halloumi Burger in
a Brioche Bun
(G, E, Mk, Se, So)

Mexican Lamb Tacos with

Sour Cream & Grated
Cheddar (Mk)

Or Buffalo Bean & Vegetable
Tacos

Sour Cream & Grated
Cheddar (Mk)

Steamed Broccoli
Roasted Cauliflower

Steamed Leeks & Peas
Curly Kale

Honey Glazed Carrots
Steamed Spring Greens

Minted Garden Peas
Baked Beans

Smokey Sweetcorn
Green Beans

Steamed Rice

Garlic Focaccia

Skin on Roast Potatoes

Oven Baked Chips or
Steamed New Potatoes

Steamed 50-50 Rice

Fruit salad

Apple & Berry Crumble (G)
with
Custard (Mk)

Fruit salad

Sticky Toffee Pudding (G, E,
Mk, Su) With
Custard (Mk)

Fruit salad

Slice fruits

Slice fruits

Slice fruits

Slice fruits

Yoghurt Pot (Mk)

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Allergens

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Week 3

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Wednesday

Thursday

Friday

Soup
HOT HOT HOT

Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

DATES

19/01-09/02-09/03

Sweet Potato

Roasted Pepper & Cannellini Bean

Leek & Chive

Chunky Country Vegetable

Carrot & Parsley

Accent Focaccia (G)

Accent Focaccia (G)

Chef's Speciality Guest Bread

Accent Focaccia (G)

Accent Focaccia (G)

Slow Braised Winter Beef & Root Vegetable Stew

Italian Style Meatballs in a Tomato & Herb sauce

Roast Turkey Breast with Stuffing & Gravy (G)

Margarita Focaccia Pizza with Fresh Basil (G, Mk, E)

Classic Cottage Pie with a Cheesy Topping (Mk) Or Lentil & Vegetable Cottage Pie with a Cheesy Topping (Mk)

Or
Mac & Cheese with Leeks & a Crunchy Topping (G, E, Mk, So)

Or
Courgette & Aubergine Parmigiana Bake (Mk, G, So, Su)

Or
Bean & Chickpea Patty (G, E) With Gravy

Or
Roasted Vegetable Focaccia Pizza with Fresh Basil (G, Mk, E)

Lentil & Vegetable Cottage Pie with a Cheesy Topping (Mk)

Roasted Root Vegetables
Steamed Kale

Steamed Broccoli
Sautéed Leeks

Cauliflower Cheese
Green Beans

Minted Garden Peas
Baked Beans

Honey Glazed Parsnips
Steamed Carrots

Steamed New Potatoes
Fruit salad
Slice fruits
Yoghurt Pot (Mk)

Steamed Rice
Spaghetti (G)
Rhubarb Crumble (G)
with
Custard (Mk)

Thyme Roast Skin on Potatoes
Fruit salad
Slice fruits
Yoghurt Pot (Mk)

Oven Baked Chips
Or
Steamed New Potatoes
Jam & Coconut Sponge (G, E, Mk)
with Custard (Mk)

Mash Potatoes on the Pie
Fruit salad
Slice fruits
Yoghurt Pot (Mk)

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