

Menu

week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED



Soup
HOT HOT HOT
Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
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)	Sticky Honey BBQ Chicken	Roast Leg of Pork with Apple Sauce & Gravy	Fish Fingers (G, F)	Mild Smokey Beef Chilli Con Carne
OR	OR	OR	OR	OR
Gnocchi with Vegetable Ratatouille Sauce (G, E, So, Mu, Mk)	Grilled Polenta with Tomato, Olives & Basil (G)	Spiced Vegetable & Lentil Pasties (G, So, Se)	Tomato Ketchup Tartare Sauce (E) Hand Crafted "Fishless" Fingers with Tartare Sauce (G, So)	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 Or Steamed New Potatoes	Steamed Rice
Fruit salad Slice fruits Yoghurt Pot (Mk)	Pear Crumble with Custard (Mk)	Fruit salad Slice fruits Yoghurt Pot (Mk)	Golden Syrup Sponge (G, E, Mk) Custard (Mk)	Fruit salad Slice fruits Yoghurt Pot (Mk)

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

APRIL NEW POTATOES

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

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

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



Soup
HOT HOT HOT
Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
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 Slice fruits Yoghurt Pot (Mk)	Apple & Berry Crumble (G) with Custard (Mk)	Fruit salad Slice fruits Yoghurt Pot (Mk)	Sticky Toffee Pudding (G, E, Mk, Su) With Custard (Mk)	Fruit salad Slice fruits Yoghurt Pot (Mk)

JANUARY LEEKS

FEBRUARY PARSNIPS

MARCH KALE

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

- Allergens**
- | | | | | |
|-----------------|-------------------------------|---------------|--------------|----------------------|
| 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 3



THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED



Soup
HOT HOT HOT
Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
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)	Margharita Focaccia Pizza with Fresh Basil (G, Mk, E)	Classic Cottage Pie with a Cheesy Topping (Mk)
Or	Or	Or	Or	Or
Mac & Cheese with Leeks & a Crunchy Topping (G, E, Mk, So)	Courgette & Aubergine Parmigiana Bake (Mk, G, So, Su)	Bean & Chickpea Patty (G, E) With Gravy	Roasted Vegetable Focaccia Pizza with Fresh Basil (G, Mk, E)	Lentil & Vegetable Cottage Pie with a Cheesy Topping (Mk)
Roasted Root Vegetables	Steamed Broccoli	Cauliflower Cheese	Minted Garden Peas	Honey Glazed Parsnips
Steamed Kale	Sauteed Leeks	Green Beans	Baked Beans	Steamed Carrots
Steamed New Potatoes	Steamed Rice	Thyme Roast Skin on Potatoes	Oven Baked Chips	Mash Potatoes on the Pie
	Spaghetti (G)		Or	
Fruit salad	Rhubarb Crumble (G)	Fruit salad	Steamed New Potatoes	Fruit salad
Slice fruits	with	Slice fruits	Jam & Coconut Sponge (G,E,Mk)	Slice fruits
Yoghurt Pot (Mk)	Custard (Mk)	Yoghurt Pot (Mk)	with Custard (Mk)	Yoghurt Pot (Mk)

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FEBRUARY PARSNIPS

MARCH KALE

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Dates

19/01-09/02-09/03

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