

# WEEK 1

5<sup>th</sup> Sept, 26<sup>th</sup> Sept,  
31<sup>st</sup> Oct, 21<sup>st</sup> Nov

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

- **BALANCE** -  
Classic chilli con carni  
served with sour cream  
and chives (Mk,Mu)

Roast breast of chicken  
with homemade sage  
and onion stuffing  
(Mk,G,So,E) with gravy  
(None)

- **BALANCE** -  
Baked beef lasagne  
topped with mozzarella  
(Mk,G)

Mexican turkey with  
roasted peppers,  
beans, chickpeas,  
nachos and cheese  
topping (G,Mk,Mu)

Breaded fish fingers  
(F,G), battered fish  
fillet (F,G) or  
seafood palette  
(F,Cr,Mk)

## Veggie

MEAT FREE

Vegan chilli con carni  
with vegan sour cream  
and chives (Mu,Ce)

Oven baked gnocchi  
with tomato,  
mozzarella and pesto  
(G,Mk)

Roasted vegetable  
lasagne topped with  
mozzarella  
(Mk,G)

Mexican veggie mince  
with roasted peppers,  
beans, chickpeas,  
nachos and cheese  
topping (G,Mk,Mu)

Cheese and tomato  
wholemeal quiche  
(G,Mk,E)

## veg

EXTRA GOOD

Green bean  
Sautéed courgettes

Garden peas and  
carrots  
Cauliflower cheese  
(G,Mk)

Chefs salad  
Broccoli florets

Steamed sweetcorn  
Green beans

Garden peas  
Roasted tomatoes

## Carbs

FUEL FOOD

Tomato, garlic and  
spring onion rice  
(None)

Crunchy roast  
new potatoes  
(None)

Homemade  
Garlic focaccia  
(Mk,G)

Steamed  
rice  
(None)

Chunky  
chips  
(None)

## Dessert

SOMETHING SWEET

Chocolate sponge  
served with chocolate  
sauce  
(G,Mk,E)

Fruit jelly pots or  
homemade natural  
yoghurt pots  
(Mk,So)

Jam and coconut  
sponge (G,Mk,E) served  
with custard  
(Mk)

Fruit jelly pots or  
homemade natural  
yoghurt pots  
(Mk,So)

Winter berry  
cheesecake  
(G,Mk)

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

**Red**  
September

**Orange**  
OCTOBER  
3rd-7th - National  
Curry Week

**Yellow**  
November  
21st - World Cup

**White**  
December  
Christmas Market

## LOOK OUT

Our tasty new, planet  
friendly 'Balance' recipes  
are packed with extra  
goodness and a reduced  
carbon footprint!

## 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



## WEEK 2

12<sup>th</sup> Sept, 3<sup>rd</sup> Oct,  
7<sup>th</sup> Nov, 28<sup>th</sup> Nov

# MENU

Eat the  
**Rainbow**

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

- **BALANCE** -  
Chinese Kung Pao  
chicken  
(G,So)

Roast breast of turkey  
with homemade sage  
and onion stuffing  
(Mk,G,So,E), with  
cranberry sauce (None)

- **BALANCE** -  
Beef bolognaise  
pasta bake  
(G,Mk)

Meatballs with tomato  
and basil sauce (G,Su)  
served with spaghetti  
(G)

Hot dogs (G,Su) served  
with sautéed onions  
and  
tomato sauce (Ce)

## Veggie

MEAT FREE

Chinese kung  
pao vegetables  
(G,SO,MU,CE)

Mediterranean roasted  
vegetable filo pie  
(G)

Veggie mince  
pastitiso  
(G,Mk,So)

Layered roasted  
vegetable, tomato  
enchilada pie  
(G,Mk)

Baked mac and cheese  
with crusty topping  
(G,Mk,So)

## veg

EXTRA GOOD

Green bean  
  
Sautéed courgettes

Lemon carrots  
  
Garden peas

Peas and sweetcorn  
  
Caesar salad (G,So)

Broccoli florets  
  
Chefs salad

Garden peas  
  
Baked beans

## Carbs

FUEL FOOD

Tomato, garlic and  
spring onion rice  
(None)

Crunchy roast potatoes

Homemade garlic  
focaccia  
(G,Mk)

Spaghetti  
(G)

Curly fries  
(G)

## Dessert

SOMETHING SWEET

Greek lemon sponge  
(G,Mk,E) with custard  
(Mk)

Fruit jelly pots or  
homemade natural  
yoghurt pots  
(Mk,So)

Carrot and ginger  
drizzle cake  
(G,Mk,E)

Fruit jelly pots or  
homemade natural  
yoghurt pots  
(Mk,So)

Pear and apricot  
crumble (G,Mk) with  
custard  
(Mk)

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

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September

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OCTOBER  
3<sup>rd</sup>-7<sup>th</sup> - National  
Curry Week

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## ALLERGENS





# WEEK 3

19<sup>th</sup> Sept, 10<sup>th</sup> Oct,  
14<sup>th</sup> Nov, 5<sup>th</sup> Dec

# MENU

Eat the  
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Tuesday

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## Mains

HAPPY TUMS

Tomato and basil  
wholemeal pasta bake  
topped with cheddar  
(G,Mk)

Roast topside of beef  
served with Yorkshire  
pudding (G,Mk,E) ,  
horseradish sauce (E)  
and gravy (None)

Local Lingfild sausages  
served with onion  
gravy  
(G,Su)

- **BALANCE** -  
Thai green  
chicken curry (None)  
served with garlic and  
coriander naan (G,Mk)  
and mango chutney  
(None)

Battered cod fillet fish  
(F,G) or  
Sustainable fish pie  
with scalloped potatoes  
(F,Cr,G,Mk)

## Veggie

MEAT FREE

Roasted vegetable  
wholemeal pasta bake  
topped with cheddar  
(G,Mk)

Spanish omelette with  
potatoes, cheddar and  
peas  
(Mk,E)

Vegetarian sausages  
served with onion  
gravy  
(Ce,Su)

Thai green  
vegetable curry

Cheddar cheese, leek  
and potato filo pie  
(G,Mk)

## veg

EXTRA GOOD

Sliced green beans

Broccoli florets

Green cabbage

Soy and ginger greens  
(G,SO)

Garden peas

Steamed sweetcorn

Roasted carrots

Baked beans

Roasted carrots

Grilled tomatoes

## Carbs

FUEL FOOD

Wholemeal pasta  
(G)

Crunchy  
roast potatoes

Creamy mashed  
potatoes  
(Mk)

Lime and coriander  
Steamed rice  
(None)

Chunky chips  
(None)

## Dessert

SOMETHING SWEET

Jamaican ginger cake  
(G,Mk,E) served with  
custard (Mk)

Fruit jelly pots  
or homemade natural  
yoghurt pots (Mk,So)

Banana cake with  
cream cheese frosting  
(G,Mk,E)

Fruit jelly pots  
or homemade natural  
yoghurt pots (Mk,So)

Cornflake tart (G,Mk,E)  
with custard  
(Mk)

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

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