

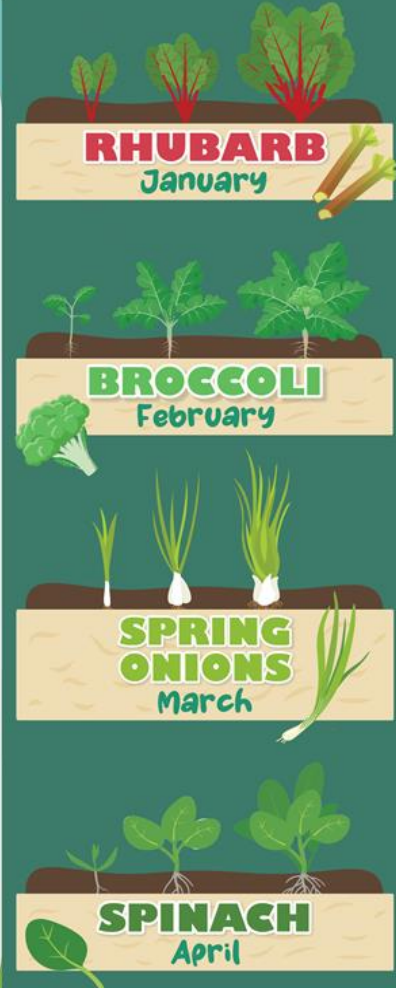
# Menu

Week 1

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
<b>Choice 1</b> HAPPY TUMS	Creamy Sweetcorn and Leek Pasta Bake (G,Mk)	Beef Mince Casserole with Root Vegetables (G,Mk)	Cajun Roasted Chicken Thighs served with Gravy (Mu)	Coombe Hill Pasta Bar Beef Bolognese (G)	Battered Fish Fillet with Home-Made Tartar Sauce (G,F,E)
<b>Choice 2</b> MEAT FREE	Jacket potato with Baked Beans and Cheese (Mk)	Savoury Veggie Mince Casserole (Ce,So)	Jacket potato with Baked Beans and Cheese (Mk) Tuna Mayonnaise (F,E)	Pasta with Cheese Sauce (Mk,G), or Tomato Sauce (G)	Breaded Veggie Fingers (G,Se,E)
<b>Veg</b> EXTRA GOOD	Peas ~~~~ Steamed Cauliflower	Broccoli ~~~~ Sweetcorn	Roasted Parsnips ~~~~ Green Beans	A Selection of Salads	Peas ~~~~ Baked Beans
<b>Carbs</b> EXTRA FILLING	Herb Bread (G)	Steamed Rice	Roast New Potatoes	Freshly Made Garlic Bread (G)	Oven Baked Chips
<b>Dessert</b> SWEET TREAT	Fresh Fruit or Yoghurt (Mk,So)	Gluten Free Orchard Crumble and Custard (MK)	Fruity Flavoured Jelly (None)	Gluten Free Apple and Sultan Flapjack (None)	Fresh Fruit Yoghurt (Mk,So)

Salad bar and fresh fruit available daily.



## Dates

Week Commencing:  
06/01/2025, 27/01/2025,  
24/02/2025 and 17/03/2025



## Allergens

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

# Menu

Week 2

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

MON

TUES

WED

THU

FRI

## Choice 1

HAPPY TUMS

Macaroni Cheese with a Crunchy Topping  
**(G,Mk,So)**

Keema Beef Curry  
**(G,Mk)**

Roast Chicken with Gravy  
**(None)**

Coombe Hill Pasta Bar  
Beef Bolognese  
**(G)**

Fish Fingers with Ketchup  
**(G,F)**

## Choice 2

MEAT FREE

Jacket potato with Baked Beans and Cheese **(Mk)**

Spring Vegetable and Lentil Curry  
**(G,Mk,So)**

Jacket potato with Baked Beans and Cheese **(Mk)**  
Tuna Mayonnaise  
**(F,E)**

Pasta with Cheese Sauce **(Mk,G)**, or Tomato Sauce **(G)**

Potato Onion and Spinach Omelette  
**(E,Mk)**

## Veg

EXTRA GOOD

Broccoli  
~~~~~  
Steamed Carrots

Cauliflower  
~~~~~  
Sweetcorn

Baby Carrots  
~~~~~  
Steamed Cabbage and Leeks

A Selection of Salads

Garden Peas  
~~~~~  
Baked Beans

## Carbs

EXTRA FILLING

Herb bread  
**(G)**

Steamed Rice

Roasted Potatoes

Freshly Made Garlic Bread  
**(G)**

Oven Baked Chips

## Dessert

SWEET TREAT

Fresh Fruit or Fruit Yogurt  
**(Mk,So)**

Honey Cake  
**(G,E)**

Fruity Flavoured Jelly  
**(NONE)**

Oats and Orange Cookies  
**(G,Mk)**

Fresh Fruit Yoghurt  
**(Mk,So)**

Salad bar and fresh fruit available daily.

**RHUBARB**  
January

**BROCCOLI**  
February

**SPRING ONIONS**  
March

**SPINACH**  
April

## Dates

Week Commencing:

13/01/2025,

03/02/2025, 03/03/2025

and 24/03/2025



= Halal



= Vegan

## 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 3

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
<b>Choice 1</b> HAPPY TUMS	Margherita Pizza with Mozzarella Cheese <b>(G,Mk,E)</b>	Roast Chicken sausages with Onion Gravy <b>(G,Su)</b> 	Roast Turkey Breast with Gravy and Cranberry Sauce <b>(None)</b> 	Coombe Hill Pasta and Beef Bolognese <b>(G)</b>	Battered Fish Fillet with Home-made Tartar Sauce <b>(G,F,E)</b>
<b>Choice 2</b> MEAT FREE	Jacket potato with Baked Beans and Cheese <b>(Mk)</b>	Vegetable Casserole <b>(So,Ce)</b> 	Jacket potato with Baked Beans and Cheese <b>(Mk)</b> Tuna Mayonnaise <b>(F,E)</b>	Pasta with Cheese sauce <b>(Mk,G)</b> , or Tomato sauce <b>(G)</b>	Vegetable Fingers <b>(G,Se,E)</b>
<b>Veg</b>  EXTRA GOOD	Mediterranean Roasted Vegetables	Steamed Peas ~~~~~ Sweetcorn	Green Beans ~~~~~ Roast Parsnips	A Selection of Salads	Garden Peas ~~~~~ Baked Beans
<b>Carbs</b>  EXTRA FILLING	Spicy Potato Wedges	Fluffy Mashed Potato	Roasted New Potatoes	Freshly Made Garlic Bread <b>(G)</b>	Oven Baked Chips
<b>Dessert</b> SWEET TREAT 	Fresh Fruit or Yogurt <b>(Mk,So)</b>	Gluten Free Apple Crumble <b>(None)</b>	Fruity Flavoured Jelly <b>(None)</b>	Gluten free Banana and Date Flapjack <b>(None)</b>	Fresh Fruit Yoghurt <b>(Mk,So)</b>

Salad bar and fresh fruit available daily.



## Dates

Week Commencing:  
20/01/2025, 10/02/2025,  
10/03/2025 and  
31/03/2025



## 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