



Menu

Week 1



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday


Friday

Mains

HAPPY TUMS

Creamy Chicken and Sweetcorn Pasta
(G,Mk)

Lamb and Vegetable Curry with Mango Chutney
(Mu)


Roasted Chicken Thigh with a Braised Leek and Onion Gravy 

Beef Chilli con Carne with Crushed Nachos
(So)


Baked Fish Fingers with Lemon Wedge and Tartare Sauce
(F,G,E,Mu) Or Baked Salmon Fishcake
(G,F,E,Mu)

Veggie

MEAT FREE

Wholemeal Macaroni Cheese with Leeks and Cheddar
(G,Mk) 

West African Chickpea and Kale Curry with Mango Chutney
(Mk,Mu) 

Vegan Plant Ball with a Braised Leek and Onion Gravy
(So) 

Vegan Chilli non Carne with Crushed Nachos
(So)


Baked Vegetable Fingers with Lemon Wedge and Tartare Sauce
(G,E,Mu)

veg

EXTRA GOOD

Broccoli
Sliced Carrots

Cauliflower
Sweetcorn

Honey Glazed Parsnips 
Green Beans

Braised Kale 
Roasted Carrots


Garden Peas
Baked Beans

carbs

FUEL FOOD

New Potato Focaccia
(G) 

Wholegrain and White Rice

Roast New Potatoes 

Mexican Style Rice

Oven Baked Chips

Dessert

SOMETHING SWEET

Fruit Platter

Lemon Drizzle Cake

Fruity Jelly

Pear Crumble and Custard
(G,Mk)

Chocolate Cookie

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



JANUARY
LEEKS

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates

05/01/2026, 02/02/2026, and 09/03/2026

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

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide



Menu

Week 2



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Mild Chicken Korma Curry
(Mk)

Slow Cooked Lamb Tacos with Cheese
(G,Mk)

Peri Peri Chicken Thigh
(G)

Honey and Barbeque Glazed Chicken

Pepperoni Focaccia Pizza
(G,Mk,E)

Veggie

MEAT FREE

Mild Eat Curious and Vegetable Curry
(Mk)

Slow Cooked Vegetable Tacos with Cheese
(G,Mk)

Roasted Mediterranean Vegetable Tart
(G,Mk)

Honey and Barbeque Roasted Vegetables with Cannellini Beans

Margherita Focaccia Pizza
(G,Mk,E)

veg

EXTRA GOOD

Roasted Carrots

Mixed Vegetables

Sweetcorn

Parsnips

Green Beans Tossed in Braised Leeks

Green Beans

Sliced Carrots

Steamed Broccoli

Sweetcorn

carbs

FUEL FOOD

White and Wholegrain Rice

Baked Waffle Fries

Potato Wedges

Egg Noodles
(G,E)

Chips

Dessert

SOMETHING SWEET

Fruit Platter

Mixed Berry Fool

Fruity Jelly

Chocolate Cake and Custard
(G,Mk,E,So)

Shortbread
(G,Mk)

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



JANUARY
LEEKS

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates
12/01/2026, 09/02/2026 and
16/03/2026

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

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide



Menu

Week 3



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday


Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Sweet and Sour Turkey	Beef, Leek and Eat Curious Puff Pastry Pie Served with Gravy (G) 	Thyme Roast Chicken with Onion Gravy (G,Su)	Slow Cooked Lamb Mince Lasagne (G,Mk,E)	Barbecue Chicken and Sweetcorn Pitta (G)
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Veggie

MEAT FREE 

Sweet and Sour Vegetables 	Vegetable and Bean Cottage Pie served with Onion Gravy (So)	Roast Winter Root Vegetable & Kale Filo Parcel (G) 	Mediterranean Roast Vegetable Lasagne (G,Mk,E) 	Barbecue Falafel and Sweetcorn Pitta (G)
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veg

EXTRA GOOD

Steamed Seasonal Greens	Roasted Carrots	Sweetcorn with Peppers	Top up your meal from our Salad Bar	Garden Peas
Cauliflower	Green Beans	Honey Glazed Parsnips 		Baked Beans

carbs

FUEL FOOD

Egg Noodles (G,E)	Mash Potato (Mk)	Roast Potatoes	Home Baked Garlic Focaccia (G)	Waffle Fries
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Dessert

SOMETHING SWEET

Fruit Platter	Banana Cake and Custard (G,Mk,E)	Fruity Jelly	Glazed Carrot Cake (G,Mk,E)	Apple Crumble (G)
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



JANUARY LEEKS

FEBRUARY PARSNIPS 



MARCH KALE

APRIL NEW POTATOES 



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

Dates

19/01/2026 and 23/02/2026

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 4



THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Pepperoni Focaccia Pizza
(G,Mk,E)

Slow Cooked Chicken Tacos with Cheese
(G,Mk)

Roast Chicken Thigh, Served with Yorkshire Pudding and Gravy
(G,Mk,E)

Loaded Beef Bolognese served with Wholegrain Penne Pasta
(G,So)


Baked Fish Fingers with Lemon Wedge and Tartare Sauce
(F,G,E,Mu)

Veggie

MEAT FREE

Roasted Mixed Pepper and Sweetcorn Focaccia Pizza
(G,Mk,E)

Slow Cooked Vegetable Tacos with Cheese
(G,Mk)

Seasonal Vegetable and Lentil Roast with Gravy 
(G,E,Mk,So)

Slow Cooked Vegan Mince Bolognese and Wholegrain Penne Pasta Bake
(G,So)

Baked 'Fishless' Fingers with Lemon Wedge and Tartare Sauce
(G,E,Mu)

veg

EXTRA GOOD

Maple Glazed Carrots
Garden Peas

Mixed Vegetables

Sweetcorn
Roasted Parsnips 

Sauteed Savoy Cabbage
Roasted Carrots


Garden Peas
Baked Beans

carbs

FUEL FOOD

Baked Potato Wedges

Baked Waffle Fries

Crushed New Potatoes with Leeks 

Home Baked Garlic Focaccia (G)

Chips

Dessert

SOMETHING SWEET

Fruit Platter

Jam and Coconut Cake
(G,E,Mk)

Fruity Jelly

Flapjack
(G)

Chocolate Cake and Custard
(G,Mk,E)

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



JANUARY
LEEKs

FEBRUARY
PARSNIPS



MARCH
KALE

APRIL
NEW
POTATOES



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

Dates

26/01/2026 and 02/03/2026

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

Mk = Milk

N = Nuts

So = Soya

E = Eggs

containing Gluten

Mo = Molluscs

P = Peanuts

Su = Sulphur Dioxide