



# Spring Menu

Week 1

Week commencing

6/1/2025  
3/2/2025  
3/3/2025  
31/3/2025

This menu is packed with extra goodness because we  
**Season EVERYTHING!**

MON

TUES

WED

THU

FRI

## CHEF NAME SECRET Soup

Rise & Shine Bowl

Creamy Cloud Soup

Hogwart's Herbology Stew

Spud-tacular Soup

MVP Soup (Mighty Vegetable Power)

## Daily Dough

Crunchy Caraway Wholemeal Bloomer

Garlic & Herb Focaccia

Irish Soda Bread

Flatbread Triangles

Seedy Sunshine

## Mighty Mains

Turkish Veggie & Bean Lokanta Stew

Served with *Minted Yoghurt, Green Relish, Flatbreads Watermelon Rind Pickles*

Loaded Chicken Bolognese OR

Mushroom Lentil Ragu with Green Sauce

Roast Lemon & Thyme Chicken with Herby Stuffing & Gravy OR

Herb Crusted Tofu Steaks With Vegetable Splash

Chicken Biryani, Raita & Mango Chutney OR

Chana Masala with Pulled Chicken

Deep Fried Fillet of Fish with Chunky Tartare Sauce & Lemon

Fish Finger Fajita Salsa Mayonnaise

## Super Veggies

Bang Bang Cauliflower Steaks

Vegetable Paella with Red Pepper Tapenade

Skin on Butternut Pie with Crunchy Crust

Mediterranean Roast Vegetable & Bean Wrap Kale Houmous

"Toe" Fish

## Nature's Noms

Crunchy Rainbow Cabbage Salad

Green Beans with Crispy Shallots

Crispy Kale

Spinach & Cauliflower Leaf & Stalk Bhaji

Baked Beans

Charred Sweetcorn

Seasonal Chefs Salad

Maple Glazed Carrots

Burnt Broccoli

Minted Garden Or Mushy Peas

## Fuel Up Favourites

Jewelled Cous-Cous

Penne Pasta

Crispy Skin Roasties

Fluffy Rice

Best Baked Chips

## Puddings

Pear & Berry Oaty Crumble With Vanilla Custard

Lemon Drizzle Bake

Orange & Ginger Cookies

Double Chocolate Chocolate Pudding

Wonky Banana & Berry Tip Toe Cake

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



Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

## 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



# Spring Menu

Week 2

Week commencing

13/1/2025  
10/2/2025  
10/3/2025

This menu is packed with extra goodness because we

## Season EVERYTHING!

MON

TUES

WED

THU

FRI

### CHEF NAME **SECRET** Soup

Shrek's Onion Soup

Spill the Beans

Veggie Mash-Up

Secret Garden Soup

Bollywood Bowl

### Daily Dough

Street Cornbread

Six Seeded Loaf

Wholemeal Bloomer

Sunshine Tomato & Feta Twisters

Courgette & Onion Focaccia

### Mighty Mains

Vegetarian Chilli, Crushed Tortillas & Sour Cream  
OR

Grilled Butchers Sausages & Roasted Onion Gravy  
OR

Crispy Katsu Turkey with Tsukemono Vegetables  
OR

**Sticky Chicken Stir It Up**

Fish Pie  
OR

Buffalo Bean Taco with Smashed Avocado & Sour Cream

Cozy White Bean Stew

Crispy Tofu Katsu Tsukemono Vegetables

Sticky Tempeh, Stir It Up

Fish Fingers

### Super Veggies

Three Cheese Macaroni with a Crunchy Wholemeal Topping

Root Vegetable Wholemeal Pastry Pie

Courgette Pepper & Carrot Fritters with Spring Onion & Coriander

Thai Red Vegetable Curry

Vegetable & Potato Samosa Chaat

### Nature's Noms

Roasted Broccoli

Poppin Garden Peas

Roasted Soy Greens

Charred Broccoli

Poppin Garden Peas

Buttered Cobettes

Pot Roast Red Cabbage with Apples & Honey

Green Beans

Sauteed Courgettes

Baked Beans

### Fuel Up Favourites

Rainbow Rice

Fluffy Mashed Potato

Jasmine Sticky Rice

Egg Noodles with Ginger, Garlic & Soy

Best Baked Chips

### Puddings

Fruit Tumble With Vanilla Custard

Jammy Dodger Pudding with Fruit Ripple

Messy Berries with Greek Yoghurt

Sticky Toffee Pudding Cake

Vanilla Ice Cream with Peach Melba drizzle

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



Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

## 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



# Spring Menu

Week 3

Week commencing

20/1/2025  
17/2/2025  
17/3/2025

This menu is packed with extra goodness because we  
**Season EVERYTHING!**

MON

TUES

WED

THU

FRI

## CHEF NAME SECRET Soup

Golden Hour Broth

Rooty Rich Soup

Spud-tacular Soup

Souper Douper Souprise

The Beans Knees Soup

## Daily Dough

Crusty Bloomer

Garlic & Herb Focaccia

Irish Soda Bread

**Hearty Wholemeal Bloomer**

Seedy Sunshine

## Mighty Mains

Sag A Loo  
OR  
**Sweet Potato, Wild Rice and Butter Bean Pattie with Lime Salsa**

Chicken and Mushroom Pie  
OR  
**Rooty Winter Braise with Sweet Potato Topper**

Crackling Roast Pork with Sage & Onion Stuffing & Apple Sauce  
OR  
Roast Chicken

Sweet and Sour Chicken with Chunky Pineapple  
OR  
Crispy Crumb Fishcake with Lemon & Dill Mayonnaise

Roast Fillet of Fish with Tartare Sauce & Lemon  
OR  
Wholesome Spicy Haloumi Tray Bake

## Super Veggies

Fruity Caribbean Pepper Pot Curry with Roti

Butternut & Spinach Samosa

**Winter Garden Cottage Pie**

Basket Taco Filled with Vegetable Sloppy Joe

**Wholemeal Cheese & Cherry Tomato Quiche**

## Nature's Noms

Garlic Bread Roast Cauliflower

Broccoli

Honey Baked Parsnips

Smoky Roasted Sweetcorn

Minty Or Mushy Peas

Masala Roast Carrots

Lively Leek Sauté

Carrots

Green Beans

Baked Beans

## Fuel Up Favourites

Herby Rice

Fluffy Mashed Potato

Herb Roast Potatoes

Soy & Spring Onion Rice

Best Baked Chips

## Puddings

Chocolate Chip Shortbread Fingers

Jammy Apricot Sponge

Apple & Cinnamon Bun Crumble

Jamaican Ginger Cake

Lemon Snow Pie

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



**APPLES**  
January



**BROCCOLI**  
February



**SPRING ONIONS**  
March



**SPINACH**  
April



Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

## 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



# Spring Menu

Week 4

Week commencing

27/1/2025  
24/2/2025  
24/3/2025

This menu is packed with extra goodness because we  
**Season EVERYTHING!**

MON

TUES

WED

THU

FRI

## CHEF NAME **SECRET** Soup

Souper Cheesy Souprise

GOAT Soup  
(Greatest of all time)

Mystery Medley

Little Italy Stew

Fun Guy's Soup

## Daily Dough

Six Seeded Loaf

Beetroot Baguettes

Wholemeal Bloomer

Sunshine Tomato & Feta Twisters

Roasted Vegetable Focaccia

## Mighty Mains

**BBQ Cauliflower & Broccoli Wrap with Crunchy Slaw**

OR  
Roast Squash & Basil Lattice Tart

Chicken Lasagne  
OR  
Chicken Lickin Schnitzel On Crushed Baby Potatoes

Vietnamese Stir Fried Pork with Pak Choi & Sweet Chilli Dressing

OR  
**Chicken Stir Fry**

Greek Chicken Flatbreads with Tzatziki Sauce  
OR  
Cheese & Tomato Pizza Mushrooms

Goan Fish Curry  
OR  
Seafood Paella

## Super Veggies

Tomato & Olive Pasta Bake

**Five Layer Lasagne Cake**

Crispy Panko Sweet Potato with Curry Sauce

**Carrot Falafels with Tzatziki Sauce**

**Mixed Bean and Vegetable Burrito**

## Nature's Noms

Crunchy Slaw

Roasted Carrots

Soy & Ginger Greens

Herb Roasted Vegetables

Garden Peas

Buttered Sweetcorn

Cheesy Leeks

Courgette & Pepper Stir Fry

Broccoli with Edamame

Baked Beans

## Fuel Up Favourites

New Potatoes

Steamed Rice

Lemon & Herb Potatoes

Best Baked Chips Or Steamed Rice

## Puddings

Pineapple Upside Down Pudding

Frozen Yoghurt Strawberry Bites

Apple Streusel Cake

Warm Fruity Flapjack

Beetroot Brownie

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



**APPLES**  
January



**BROCCOLI**  
February



**SPRING ONIONS**  
March



**SPINACH**  
April



Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

## 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