2026 Spring Lunch Menu version 3

SLICE OF PIE

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Befores	Cucumber Salad FSA -	Pollock is the national fish dish of Korea	Watermelon Wedges FSA -	There are over 600 types of pasta	Bao Strips FSA 2
	Main	Slow Cooked Lamb Curry Served With Spinach, Baby Potatoes, Baby Corn, Fine Green Beans, Cauliflower and Fancy Peas	Creamy Lemon and Dill Pollock Fillet Served With Buttered Potatoes, Crunchy Herby Croutons, Peas and Corn	Sticky Date and Beef Stew Served With Apricot, Cous Cous, Broccoli, Carrots and Sweetcorn	Roast Pork Loin in A Sicilian Tomato Sauce. Served With Dressed Pasta, Broccoli, Fine Green Beans and Fancy Peas	Sweet And Sour Chicken Served With Basmati Rice, Broccoli, Cauliflower, Baby Corn, And Peas
	Afters	Cucumbers are incredibly hydrating; they are composed of about 95% water	Lemon and ginger cookie FSA 2.4.7.14	Dates palms can grow to over 75 foot tall	Rhubarb scones FSA 2.4.7	Sticky rice was included on the mortar to build the great wall of China, making in nearly indestructible!
FSA Allergens		1	1.2.5.7	1.2.14	1.2.4.7.14	1.2.14
Green	Befores	Cucumber Salad FSA -	Pollock is the national fish dish of Korea	Watermelon Wedges FSA -	There are over 600 types of pasta	Bao Strips FSA 2
	Main	Slow Cooked Lentil and Chickpea Curry Served With Spinach, Baby Potatoes, Baby Corn, Fine Green Beans, Cauliflower and Fancy Peas	Creamy Lemon and Parsley Quorn Served With Buttered Potatoes, Crunchy Herby Croutons, Carrots, Peas and Corn	Sticky Date, Pepper and Lentil Stew Served With Apricot Cous Cous, Broccoli, Carrots and Sweetcorn	Split Pea and Beetroot Fillets in A Sicilian Tomato Sauce Served With Dressed Pasta, Broccoli, Fine Green Beans and Fancy Peas	Vegetarian Manchurian Balls in a Sweet and Sour sauce Served With Basmati Rice, Broccoli, Cauliflower, Baby Corn, And Peas
	Afters	Cucumbers are incredibly hydrating; they are composed of about 95% water	Lemon and ginger cookie. FSA 2.4.7.14	Dates palms can grow to over 75 foot tall	Rhubarb scones FSA 2.4.7	Sticky rice was included on the mortar to build the great wall of China, making in nearly indestructible!
FSA Allergens		1	1.2.4.7	1.2.14	1.2.4.7.14	1.2.14

Foods Highlighted Indicate – Red = Protein Foods, Yellow = Starchy Foods, Green = Fruits and Vegetables, Blue = Dairy Foods, Purple = Afters

Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci), 3 - Crustaceans, 4 – Eggs, 5 – Fish, 6 – Lupin, 7 – Milk, 8 – Molluscs, 9 – Mustard, 10 – Nuts, 11 – Peanuts, 12 – Sesame Seeds, 13 – Soya, 14 – Sulphur Dioxide (Allerg]ens Are Correct At Time Of Publishing Updates Will Be Published Monthly)

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SLICE OF PIE

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Befores	What did the strawberry say to its crush? **I'm berry fond of you**	Twisted Cheese Straws FSA 2.7	coconuts are classified as drupes, not nuts, due to their hard shell and fleshy layer	Homemade sliced Bread FSA 2	Tuna are the fastest swimmers in the ocean, reaching speeds of up to 75 MPH
	Main	Beef Bolognese Served With Spaghetti Pasta, Carrots and Fancy Peas	Turkey And Spinach Meat Loaf Served With Sweet Potato and Cranberry Gravy, Roast Potatoes and Seasonal Vegetables	Coconut And Mango Chicken Served With Braised Basmati Rice, Baby Corn, Cauliflower, Peas and Baby Spinach	Lamb And Lentil Hotpot Served With Broccoli, Spring Greens, Carrots and sweetcorn	Homemade Tuna and Sweetcorn Fish Cakes Served With Crinkle Cut Wedges, Garden Peas, Carrots and A Herby Mayonnaise
	Afters	Mango jelly FSA 14	Spinach is a great source of vitamin A, C, K, iron and calcium	Chocolate courgette cake FSA 2.4.14	What's orange and sounds like a parrot? **A carrot**	Passon fruit swirl FSA 2.4
FSA Allergens		2.14	1.2.7	2.4	1.2	2.4.5.7.9
Green	Befores	What did the strawberry say to its crush? **I'm berry fond of you**	Twisted Cheese Straws FSA 2.7	coconuts are classified as drupes, not nuts, due to their hard shell and fleshy layer	Homemade sliced Bread-FSA 2	Tuna are the fastest swimmers in the ocean, reaching speeds of up to 75 MPH
	Main	Red Lentils Bolognese Served With Spaghetti Pasta, Carrots and Fancy Peas	Butternut Squash, Pinto Bean and Spinach Loaf Served With Sweet Potato and Cranberry Gravy, Roast Potatoes and Seasonal Vegetables	Coconut And Mango Quorn Served With Braised Basmati Rice, Baby Corn, Cauliflower, Peas and Baby Spinach	Cannellini Bean and Lentil Hotpot Served With Broccoli, Spring Greens, Carrots and sweetcorn	Homemade Beetroot and Lentil Haloumi Cakes Served With Crinkle Cut Wedges, Garden Peas, Carrots and A Herby Mayonnaise
	Afters	Mango yoghurt FSA 7.14	Spinach is a great source of vitamin A, C, K, iron and calcium	Chocolate courgette cake FSA 2.4.14	What's orange and sounds like a parrot? **A carrot**	Passon fruit swirl FSA 2.4
FSA Allergens		2.7	1.2.7	2.4	1.2	2.4.5.7.9

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SLICE OF PIE

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Befores	Olive Focaccia FSA 2.14	Why did the apple go to the doctor? **Because it wasn't peeling well**	Watermelon Wedges FSA -	What's a corns favourite music? **Pop**	Cucumber And Mint Salad FAS -
	Main	Roasted Garlic Chicken with Peppers and Basil Served With Cous Cous, Broccoli, Baby Spinach and Garden Peas	Roasted Gammon Served With Buttered New Potatoes, Seasonal Vegetables and A Creamy Parsley Sauce	Creamy Coconut Pollock and Butternut squash Chowder Served With Rice, Peas and Corn	Beef Chilli Con Carne Served With Brown Basmati Rice, Broccoli, Carrots and Sweetcorn	Lamb Keema Finished with Fresh Coriander Served With Saag aloo, Broccoli, Cauliflower, Green Beans, Baby Corn and Fancy Peas
	Afters	The oldest known Olive tree is located in Crete and estimated to be over 3000 years old	Pineapple and coconut jelly FSA 14	Packed with protein and omega-3 fatty acids, pollock supports a healthy heart and brain function	Strawberry shortcake FSA 2.4.7	Broccoli is a great source of dietary fibre, vitamin C, K, and several other nutrients
FSA Allergens		1.2.14	1.2.14	1.2.5	2.4	1
Green	Befores	Olive Focaccia FSA 2.14	Why did the apple go to the doctor? **Because it wasn't peeling well**	Watermelon Wedges FSA -	What's a corns favourite music? **Pop**	Cucumber And Mint Salad FSA -
	Main	Courgette And Beetroot Fillets in A Roasted Garlic and Basil Sauce Served With Cous Cous, Broccoli, Baby Spinach and Garden Peas	Roast Quorn Served With Buttered New Potatoes, Seasonal Vegetables and A Creamy Parsley Sauce	Roasted Cauliflower and Pepper Balls in A Creamy Coconut and Butternut squash Chowder Served With Pasta, Peas and Corn	Mixed Bean Chilli Con Carne Served With Brown Basmati Rice, Broccoli, Carrots and Sweetcorn	Split Pea Keema Finished with Fresh Coriander Served With Saag aloo, Broccoli, Cauliflower, Green Beans, Baby Corn and Fancy Peas
	Afters	The oldest known Olive tree is located in Crete and estimated to be over 3000 years old	Pineapple with Greek Yoghurt-FSA 7.14	Packed with protein and omega-3 fatty acids, pollock supports a healthy heart and brain function	Strawberry shortcake FSA 2.4.7	Broccoli is a great source of dietary fibre, vitamin C, K, and several other nutrients
FSA Allergens		1.2.14	1.2.4.7	1.2	2.4	1.2

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SLICE OF PIE

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Befores	What kind of fish only swims at night? **A starfish**	Cheese And Chive Pinwheel FSA 2.4	Apricots are a part of the Rosaceae family, which also includes peaches, plums and cherries	A turkey is not just for Christmas	The first pineapple was brought back to Europe by Christopher Columbus in 1943
	Main	Poached Pollock Served in A Sweet Potato Florentine Sauce Served With Baby Potatoes, Broccoli and Sweetcorn	Chicken, Leek, Spring Onion and Sweetcorn Summer Stew Served With Rice, Carrots and Peas	Apricot Braised Lamb tagine Served With Zingy Lemon Cous Cous, Broccoli, Baby Corn, Green Beans and Carrots	Roast Turkey with Sweet Potato Gravy Served With Roast Potatoes, Seasonal Vegetables	Homemade Beef Lasagne Served With Focaccia Bread, Peas and Corn
	Afters	Peach melba yoghurt FSA 7	Sweetcorn is pollinated by wind, which is why plants are usually grown close together	Banoffee cake FSA 2.4	Mango and beetroot yogurt Sugar free fsa 7	Lime and coconut cookie FSA 2.4.7
FSA Allergens		1.2.5.7.14	1.2.7	2.4.14	1.2	2.4.7.14
Green	Befores	What kind of fish only swims at night? **A starfish**	Cheese And Chive Pinwheel FSA 2.4	Apricots are a part of the Rosaceae family, which also includes peaches, plums and cherries	A turkey is not just for Christmas	The first pineapple was brought back to Europe by Christopher Columbus in 1943
	Main	Quorn Served in A Sweet Potato Florentine Sauce Served With Baby Potatoes, Broccoli and Sweetcorn	Butter Bean, Leek, Spring Onion and Sweetcorn Summer Stew Served With Rice, Carrots and Peas	Braised Apricot Mixed Bean tagine Served With Zingy Lemon Cous Cous, Broccoli, Baby Corn, Green Beans and Carrots	Roast Vegetable Fillets with Sweet Potato Gravy Served With Roast Potatoes, Seasonal Vegetables	Homemade Lentil Lasagne Served With Focaccia Bread, Peas and Corn
	Afters	Peach melba yoghurt FSA 7	Sweetcorn is pollinated by wind, which is why plants are usually grown close together	Banoffee cake FSA 2.4	Mango and beetroot yogurt Sugar free fsa 7	Lime and coconut cookie FSA 2.4.7
FSA Allergens		1.2.5.7.14	1.2.7	2.4.14	1.2	2.4.7.14

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