



# THE GREAT FOOD ADVENTURE MENU



WEEK 1

MON

TUES

WED

THU

FRI

## Option 1

**HAPPY TUMS:**

Italian beef bolognaise with spaghetti and a slice of garlic bread (E,G,Mk)

Crispy breaded chicken strips with potato wedges (E,G,Mk)

Roast English gammon with roast potatoes and gravy (Mk,E,G)

Sticky BBQ chicken with rice (Ce,So,Su,G)

Fish fingers served with lemon and homemade tartare sauce and oven baked chips (F,G,E,Mu,Mk)

## Option 2

**MEAT FREE:**

Macaroni cheese with a crispy topping and a slice of garlic bread (So,Mk,G,E)

Cheese and tomato puff pastry pinwheels (G,Mk,E)

Cheese, cauliflower and potato pie (G,Mk,E)

Chinese sweet and sour stir fried vegetables (G)

Roasted pepper, onion and cheddar wholemeal quiche (Mk,E,G)

## Option 3

**JACKET POTATOES**

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

## Veggies

**POWER FOOD:**

Buttered sweetcom (Mk)  
...  
Sauté leeks

Coleslaw (Mu,Mk,E)  
...  
Green beans

Cabbage  
...  
Cauliflower

Steamed broccoli  
...  
Carrots

Peas  
...  
Baked beans

## Pudding

**SWEET TREAT:**

Steamed jam sponge with custard (Mk,E,G)

Shortbread (Mk,G)

Treacle tart and custard (So,Mk,E,G)

Chocolate brownie (Mk,E,G)

Pineapple upside-down cake with custard (Mk,G,E)

This term we are visiting:



JANUARY  
SCOTLAND

FEBRUARY

NORTHERN IRELAND



MARCH

WALES



APRIL  
NORTH WEST



## 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

Week 1

31<sup>st</sup> Dec, 28<sup>th</sup> Jan, 4<sup>th</sup> March, 1<sup>st</sup> April



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# THE GREAT FOOD ADVENTURE MENU



WEEK 2

MON TUES WED THU FRI

### Option 1 HAPPY TUMS:

Mild chicken curry with tomatoes, mango chutney and rice (So,Se,Mk,G)	Farm assured pork sausages with gravy and mash potatoes (Su,G,Mk)	Roast chicken with sage and onion stuffing, gravy and roast potatoes (Mk,E,G)	Turkey wrap in a rich tomato sauce (Mu,Mk,G)	Battered Pollock fillet served with lemon wedge and tartare sauce with oven baked chips (Mu,F,E,Mk,G)
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### Option 2 MEAT FREE:

Spinach and lentil curry with rice (Mk,G)	Quorn sausages with gravy and mash potatoes (Mk,E,G)	Vegetable quesadilla with sour cream and cheese (Mu,Mk,G)	Spanish omelette with onion, spinach and cheddar (Mk,E)	Mixed bean and vegetable wrap (Mu,Mk,G)
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### Option 3 JACKET POTATOES

Jacket potato with a choice of toppings	Jacket potato with a choice of toppings	Jacket potato with a choice of toppings	Jacket potato with a choice of toppings	Jacket potato with a choice of toppings
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### Veggies POWER FOOD:

Steamed carrots ... Roasted spiced cauliflower (Mu)	Broccoli florets ... Peas	Roast Carrots ... Cabbage	Roasted courgette ... Steamed green beans	Garden peas ... Baked beans
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### Pudding SWEET TREAT:

Sticky toffee pudding with toffee sauce (Su,Mk,E,G)	Pear and chocolate sponge with chocolate sauce (Mk,E,G)	Autumn fruit crumble with custard (Mk,G)	Bread and butter pudding with custard (Su,So,Mk,E,G)	Warm sultana flapjack (Mk,G)
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JANUARY SCOTLAND

FEBRUARY NORTHERN IRELAND

MARCH WALES

APRIL NORTH WEST



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Week 2  
7<sup>th</sup> Jan, 4<sup>th</sup> Feb,  
11<sup>th</sup> March

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# THE GREAT FOOD ADVENTURE MENU



## WEEK 3

### MON TUES WED THU FRI

#### Option 1 HAPPY TUMS:

Creamy chicken and sweetcorn pie with shortcrust pastry with new potatoes (Mk,G,Ce)

Farm assured Italian beef lasagne with a sliced of garlic bread (Mk,E,G)

Roast Herefordshire pork with apple sauce, gravy and roast potatoes (G)

Homemade shepherds pie with creamy mash topping (Su,So,Mk,Ce,G)

Fish fingers served with lemon and homemade tartare sauce with oven baked chips (F,G,E,Mu,Mk)

#### Option 2 MEAT FREE:

Roasted vegetable filo tart with new potatoes (Mk,E,G)

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

Fusilli pasta with spinach and courgette (Mk,E,G)

Quorn shepherds pie with creamy mash potato topping (Mk,E)

Vegetarian burger with relish, sauces and oven baked chips (Su,So,Se,Mu,Mk,G)

#### Option 3 JACKET POTATOES:

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

Jacket potato with a choice of toppings

#### Veggies POWER FOOD:

Green beans  
...  
Roasted butternut squash

Carrots  
...  
Mixed tossed salad

Roasted parsnip and swede  
...  
Broccoli

Buttered sweetcorn (Mk)  
...  
Sauté leeks

Garden peas  
...  
Baked beans

#### Pudding SWEET TREAT:

Spiced Bramley apple crumble with custard (Mk,E,G)

Golden syrup sponge and custard (Mk,E,G)

Lemon drizzle cake (Mk,E,G)

Jam sponge and custard (So,Mk,E,G)

Chocolate chip cookie (So,Mk,E,G)



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**Week 3**  
 14<sup>th</sup> Jan, 11<sup>th</sup> Feb,  
 18<sup>th</sup> March

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# THE GREAT FOOD ADVENTURE MENU



WEEK 4

MON TUES WED THU FRI

Option 1  
**HAPPY TUMS:**

Pepperoni pizza (Su,G,Mk,E)	Tuna pasta bake (F,G,Mk)	Roast chicken with sage and onion stuffing, gravy and roast potatoes (Mk,E,G)	Sausage roll with creamy mash (Su,E,G)	Battered Pollock fillet served with lemon wedge and tartare sauce with oven baked chips (Mu,F,E,Mk,G)
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Option 2  
**MEAT FREE:**

Cheese and tomato margarita pizza (Mk,G,E)	Spinach, potato and chickpea curry with steamed rice (-)	Wholemeal pasta with tomato and basil pasta (Mk,G,Ce)	Vegetarian sausage roll with creamy mash (So,E,G)	Quorn and vegetable sweet chilli noodles (G,E)
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Option 3  
**JACKET POTATOES:**

Jacket potato with a choice of toppings	Jacket potato with a choice of toppings	Jacket potato with a choice of toppings	Jacket potato with a choice of toppings	Jacket potato with a choice of toppings
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Veggies  
**POWER FOOD:**

Roasted carrots ... Steamed green beans	Buttered sweetcom (Mk) ... Sauté leeks	Roasted cauliflower ... Broccoli	Steamed cabbage ... Baked beans	Garden peas ... Steamed sweetcorn
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Pudding  
**SWEET TREAT:**

Lemon blondie (Mk,E,G)	Berry Flapjack (Mk,G)	Traditional oven baked rice pudding (Mk)	Banoffee pie (Mk,So,G)	Chocolate sponge with chocolate custard (Mk,G,E)
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MARCH WALES

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Week 3  
21<sup>st</sup> Jan, 25<sup>th</sup> Feb,  
25<sup>th</sup> March,

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